



BENELUX LINK

March/April 2005

80th Area Support Group





Colonel Dean A. Nowowiejski
80th ASG Commander

Commander's Column

April is the month of the military child, so we will devote this edition of the Link to the subject of the advantages of military children. Having raised two children to adulthood over the course of a military career, Jan and I know the daily challenges military parents face. Sometimes it helps to stop and see the bigger perspective.

One element is that these children are raised in caring communities where the very design of the community is to insure the livelihood and learning, as well as the safety and growth, of our children. When I think of the variety of services that military communities offer to children, from Child Development Centers to School Ages Services to Child and Youth Services, and the resources we put forth to constantly improve those programs, I know we are placing emphasis where it belongs. When you add the protective umbrella of our military healthcare and law enforcement, we truly do put forth a great community effort toward the interests of the military child. There is power in these military communities for good, and it begins with the parents of our children.

The international experience and schooling of our children across the Benelux is also part of their bright future. Whether at the SHAPE International School, Brussels American School, or AFNORTH International School, many of our children have the privilege of going to school with children from NATO or Partnership for Peace nations. What a privilege to represent the United States and to make friends of those from such a variety of other cultures. The impressions are lasting in both directions, and I would suggest that the biggest beneficiaries of this international exposure are our American children. Having a daughter who graduated from a DoDDS school overseas, who entered a major U.S. university directly and capitalized on that international experience, Jan and I can testify firsthand that the lessons of living in a foreign country are broadening and lasting. Military children have a natural international perspective, and that is a powerful influence for their view of the future of our world.



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Group Command Sargent Major



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254th BSB Commander



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The 80th ASG, "BENELUX Link" is a bi-monthly community information source and an addition to the Meteor-Heraut for command-sponsored and leisure-time activities.

Any questions or comments about this magazine, please contact the 80th ASG MWR Marketing Division at DSN 361-5904 or e-mail beneluxlink@benelux.army.mil.

For more 80th ASG information, please visit <http://www.80asg.army.mil>

There is no US endorsement of any commercial sponsor.

Although the information in the issue is current at time of publication, activities and events are subject to change. Please contact the activity for confirmation.

The 80th ASG Marketing Division is located on Daumerie Caserne, building #5.



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Planning a Birthday Party?

By Kim Wayland

If you're like most parents, you have planned a birthday party or two. Planning a party in the USA is simple with so many options to choose from. Now that you live in a foreign country, it won't take long before you realize there are no Chucky Cheeses around ...yikes...what to do?

Well look no further! MWR has a host of programs to help plan that unique, one of a kind party that the kids and parents will remember for a lifetime; and all without costing a fortune. And of course, all proceeds go right back into your community through support of MWR. Give your local MWR office a call to see what is available in your community. The 80th ASG communities of NSA Brussels, Schinnen/JFC HQ Brunssum and SHAPE/Chievres all enjoy several birthday party venues for children of all ages and for parties of all sizes.

How about a crafts party at the local Arts and Crafts Center? Encourage your child's creative growth through hands-on interactive play. Children make jewelry, candles, mosaics, mugs, ceramic items, puzzles, or just about anything the center offers. Call the center and let them help you plan the perfect party. Please note that these parties are for small groups consisting of 10 or less, so if planning a party for a larger crowd, you might want to consider other MWR options.

How about a party at the Bowling Center? Bowling is a form of exercise and encourages healthy competition. Just sit back and watch how much fun everyone is having. Some of the centers offer a separate party room, so that the cake and goodies remain well away from the bowling balls. If you live in SHAPE/Chievres community, you can rent the Chievres Air Base Community Activity Center. This center provides a huge play area and includes use of a kitchen. You can also rent, at an additional cost, bouncy castles and large bouncy play balls for the kids. Whatever you choose, have some fun and enjoy the time with the children. As we all know, birthdays signify another year gone by, so cherish the moment!



Cover photo by: Bill Audretsch

Month of the Military Child



Every year in April, US military communities all over the world celebrate Month of the Military Child. Throughout the 80th ASG, look for special programs and activities planned in your community in celebration of this important month. Take some time to stop and emotionally connect with your child and take advantage of the programs offered. These activities are organized to strengthen your relationship with your child and family and encourage your child's healthy growth and development. Know that taking care of children, youth and families is a major priority of the leadership and MWR. Have specific questions or concerns about raising your children? Give your local ACS a call. ACS is a wonderful information source for military families and they are a direct connection to professionals and other military parents providing support when you need it. So, take some time now and in April and celebrate the military child.

Would you like to enroll your children in a French language class?

Call SHAPE, CYS Central Registration at DSN 423-3874/4328 for details.

Wake up with Two Wild and Crazy Guys

By Pam Portland

Set your alarm clock for 6 AM, tune your dial to AFN SHAPE and brace yourself for three hours of frivolous banter with, "Isaac and Larry in the Morning!" They are two wild and crazy guys who get the BENELUX going each weekday with their humor and endless lack of knowledge on just about every topic, but they get high scores in entertainment value.

Senior Airman Isaac Watson, a Missouri native, studied radio/TV and classical piano at Pensacola Christian College before joining the Air Force in 2002. His first assignment took him to Bolling Air Force Base where he served as a Ceremonial Guardsman with the US Air Force Honor Guard for two years. After all that pomp and ceremony it was time to cut loose with an about-face to the wacky world of live radio. When he's not consuming root beer and pop tarts on the air his diction can be quite eloquent.

A1C Larry Moore spent his youth in Winston-Salem and graduated from North Davidson High School in Welcome, North Carolina where he was a member of the Junior Air Force ROTC and played euphonium in the school's marching band. In 2003, he enlisted in the Air Force and was selected to attend the Defense Information School at Fort Meade, Maryland. While there, training to be a broadcaster, he distinguished himself in the field of production earning the "Cheesiest Spot Award". This is a special award reserved for radio producers who consistently try too hard to be funny. Together they form a rare aural spectacle. Not quite respectable but somehow functional and funny. Like a really bad reality show they are magnetic, drawing you ever closer into their web of psycho-babble until you are imbedded. What will they say next? We know it will be nothing of great importance but somehow we just can't tune them out. They are two odd life forms which have collided like a lame meteor at this tiny radio station in the hinterlands of Belgium. They are Larry and Isaac in the morning. Like it or not, they are in your ear and there is nothing you can do about it.



Make Friends with Yellow Ribbon Families

By Pam Portland



The Yellow Ribbon Families Group is a new initiative to help people cope with deployments and extended TDY. 80th ASG commander Colonel Dean Nowowiejski and his wife Jan, saw a need in the BENELUX to help families during this time and through Army Community Services got the program up and running. Jean Anderson is the community liaison for SHAPE. Her son, a medic with Special Forces, is now serving in Iraq. She knows from personal experience how valuable one small piece of information can be when shared with others, "I learned about instant messaging from talking to another woman and when I tried it, I couldn't believe how easy it was to contact my son. What a difference and it was just a short conversation with someone else that made that connection possible for me." Jean decided to get involved. If that one bit of information could be so helpful to her there must be a lot more information people can share with each other." The biggest challenge is going to be trying to find out who is deployed and how to reach those families.

SHAPE is such a multi-service community with so many smaller units that don't have a lot of contact with each other. This is a good way to get people together who might not ordinarily have an opportunity to meet.

We are going to get the word out."

The Yellow Ribbon Families Group meets every Tuesday from 9-10 a.m. in the ACS Yellow Ribbon Room, SHAPE, building 318. Anyone with a deployed family member is welcome whether they be moms, dads, husbands, wives or sisters and brothers. Drop-ins are welcome and volunteers are always needed. The intention is that the group will meet weekly to plan monthly activities such as organizing walking groups, picnics, nights out, shopping trips and of course exchange information, ideas and sharing concerns. Guest speakers, from the Red Cross, the chaplain's office, and healthcare experts will be invited to the weekly meetings. ACS also offers computers with web cams for families of deployed service members to use. They are available during office hours Monday through Friday or by special request. They have other resources including a CD ROM called "Operation Ready" which can be a helpful tool. But sometimes all anyone really needs is a friendly face and a hug. SHAPE, Bldg 318 ACS, Relocation Representative - DSN 423-4332 CIV 065.44.4332

ARMY COMMUNITY SERVICE**Information and Referral Program**

Bldg 4 top floor, NSA
ACS Information Desk/
Reception Area
DSN 368-9783
CIV 02717.97.83
Open M-Fr 8 a.m.-5 p.m.

Come have your questions answered; pick up community event flyers, program tri-fold brochures, and copies of the Benelux Link magazine, Meteor-Heraut newspaper, Brussels Weekly newsletter, and Connection magazine; receive information on NSA agencies; process Makro cards; and sign up for classes!

www.brussellslife.be

In English or French and provides visitors with leisure-time info on restaurants, language schools, cultural events, local customs, sports clubs and children's activities. *Check it out!*

Relocation Readiness

Bldg 4 top floor, Rm 302, NSA
DSN 368-9729
CIV 02717.97.29

Metro Madness Outing

Friday, March 18 and Friday, April 22
9:25 a.m.-2:30 p.m. Meet at NSA -ACS

The easiest way to travel around the capital of Europe without worrying about traffic and parking space hunting is to use the Brussels public transportation system. This most popular class, followed by an exploratory trip, will get you acquainted with the bus, the tram, the metro and pre-metro. Limited to 10 people so reserve your spot in advance!

**Financial Readiness/
Army Emergency Relief**

Bldg 4 top floor, Rm 325, NSA
DSN 368-9698
CIV 02717.96.98

ARMY COMMUNITY SERVICE**Employment, Deployment and Mobilization Readiness**

Bldg 4 top floor, Rm 326 NSA
DSN 368-9735
CIV 02717.97.35

Looking for a job in the Benelux area?

The ACS Employment Readiness Program maintains a list of job vacancies in the region. Vacancies are posted on the Job Announcement Board, which is located next to the ACS Employment Readiness Manager's Office. For more information or to obtain application forms and other useful handouts, contact ACS today.

Webcams Now Available!

In case of deployment, TDY, PCS move, hospitalization, or any other event that can keep you separated from your family and make you feel lonely or homesick... Our new webcams are accessible at ACS, NSA Bldg 4, top floor, Room 324. When you want to share special moments such as a new baby, a graduation, or birthday greetings, ACS is also here for you! This family support service is free of charge but only by appointment, so please call 02 717-9783 in advance to reserve your spot.

Child Safety Tip

Don't forget the sunscreen!

As the spring arrives, so do nice sunny days. Even if it is not very hot, a child still needs to be protected from the sun with sunscreen when outdoors.

ARMY COMMUNITY SERVICE**New Parent Education & Support (NPESP) Program**

Bldg 4 ground floor, Rm 102
DSN 368-9684
CIV 02717.96.84

Come have some fun with your kids and meet other parents! Toddler Playgroup every Tuesday and Friday, 10 a.m.-Noon, CYS multipurpose room.

Soldier & Family Readiness (FAP/ EPC/ EFMP)

Bldg 4 top floor, Rm 323, NSA
DSN 368-9693, CIV 02717.96.93

All the following Wellness and Parenting classes are held at the NSA Chapel Fellowship Hall.

Building Courage, Character & Self-Esteem,
Monday, March 7, 10 a.m.-Noon

Parenting Class
Monday, March 14, 6:30-8:30 p.m.

Parenting Class
Monday, March 21, 6:30-8:30 p.m.

Parenting Class
Monday, March 28, 6:30-8:30 p.m.

Sweetheart Banquet - Marriage Enrichment Class & Dinner
Friday, April 1, 6:30-9 p.m.

Communication: The Road to Cooperation
Monday, April 4, 10 a.m.-Noon

Look for parenting tips throughout this issue of BENELUX Link in celebration of Month of the Military Child.

**Army Family Action Plan (AFAP)**

2005 Brussels Tri-Mission Community AFAP Forum,
"As Far As Possible!"
NSA, Bldg 4, top floor, Rm 306
DSN 368-9643, CIV 02 717-9643

Our AFAP Forum is held at NSA Tuesday and Wednesday, March 8 & 9 from 8:30 a.m.-4:30 p.m. Delegates representing all community demographics will either join the Family/ Consumer/ or Youth Support Services groups to brief leaders on quality of life issues. Subject matter experts will be available and observers are welcome. Lunch will be offered by our sponsors!

ARMY COMMUNITY SERVICE

Family Matters – Practical Approaches for the Health & Wellness of Your Family

Thursday, April 28, 9 a.m.-8 p.m.
Friday, April 29, 10 a.m.-2 p.m.
Saturday, April 30, 9 a.m.-5 p.m.
Sunday, May 1, 9 a.m.-5 p.m.

Enrich! Experience! Share! Learn!

Join us for a selection of classes and workshops Thursday, April 28 thru Sunday, May 1. The focus is health and wellness of our children, presented by a broad range of community specialists and professionals. Locations vary: call ACS at 02 717-9783 for more details and to sign up. This program is endorsed by the PTSO.

Army Volunteer Corps

NSA, Bldg 4, top floor, Rm 306
DSN 368-9679 CIV 02 717-9679

Nomination Deadline for 2005 Annual NSA Volunteer Recognition Ceremony, as well as, deadline to submit names and recorded hours for all Brussels volunteers is Friday, March 18. Three categories in competition: Organizational Volunteer of the Year (only organizations may nominate volunteers), Volunteer Family of the Year (when all family members do volunteer work), and three At-Large Volunteer of the Year nominations are possible (organizations as well as individuals may nominate other individuals for this one).

Volunteer Advisory Committee Meeting

Thursday, March 24, 1-3 p.m.
The Advisory Council meets to score nominations for the Annual Volunteer Recognition Ceremony Awards!

National Volunteer Week

Sunday to Saturday, April 17-23
IVC RSVP Invitation Deadline
Friday, April 22.

Annual NSA Volunteer Recognition Ceremony

Friday, April 29, 7:30 p.m.-Midnight
at the 3-Star Lounge,
NSA, Bldg 1
Theme: Our Volunteers are Gems!
Join us for a great ceremony and memorable awards! There will be a Special Belgian Desserts Buffet, dancing afterwards, and free child-care available by appointment (space limited, so please call for reservations).

BOSS Program

Better Opportunities for Single Service Members
NSA, Bldg 4, Room 306
DSN 368-9639 CIV 02 707-9639

Calling all single Armed Forces men and women! BOSS aims to improve the overall quality of single service members' lives. It assists singles in planning recreation and leisure activities and gives them the opportunity to participate in and contribute to their communities. Open to all singles in the Armed Forces, regardless of your branch service.

Interested? Call 02 717-9639



MULTI CRAFT CENTER

Bldg. 2, NSA Brussels
DSN 368-9629
CIV 02717.96.29
Open W and Th 2-9 p.m.,
Fr 10 a.m.-1 p.m., and
Sa-Su 10 a.m.-6 p.m.,
Closed Mondays and Tuesdays

Art of Jewelry Making

Classes held every Wednesday at 6 p.m. The cost is \$12 (materials not covered). When you sign up for the first class, you receive a free pair of pliers.

Do-It-Yourself Framing

Classes are held every Thursday from 2-6 p.m. Do it yourself framing classes are now in session. Cost for class including materials, backboard, glass, and instructor's time is \$30.

Prints & Tapestries of Brussels

Now available for purchase are new prints along with new tapestries of Brussels. This is the perfect gift. Items cost from \$15-\$63.

Pewter Items available now

Items cost from \$19-\$54.
Hurry, they are going fast!

ARMY COMMUNITY SERVICE FOR ALL COMMUNITIES

Annual AER Fundraising Campaign

March 1st marks the start of the annual army emergency relief fundraising campaign in Europe. The campaign runs through May 15. Last year, AER provided direct assistance to some 50 thousand Soldiers and family members. Army Emergency Relief or AER provides assistance to soldiers and their families in the way of interest free loans, grants, and scholarships. The campaign theme this year is "One Nation, One Army, One Organization." Please join Army Community Service by contributing and supporting this year's Army Emergency Relief fundraising campaign and help our Army families. Individual contributions made during the campaign are the primary source of funds for AER. To contribute, see your unit representative or give ACS a call.



University of Phoenix

SHAPE/NSA Brussels
Communities!

Finish in 16-20 months.
Offering an MBA or
Master of Art
in Education

For more information
call the SHAPE office
at 065 44-4645

MULTI CRAFT CENTER**NSA Wood Shop**

Located at the Multi Craft Center.
Open Wednesday by appointment
only Saturday and
Sunday 10 a.m.-6 p.m.

Sign up for the woodshop safety
instruction class, cost \$11. This
class must be completed before
using the wood shop.

After the class, you may use the
wood shop facility at a small charge
of \$4/hr. Please call the Center to
make an appointment before
heading to the shop.

Engraving Service

Engraving is available all year. All
you need to do is bring a note of
what you would like engraved.
No appointment is needed, just bring
the item along when the center
is open.

Art Restoration Service

Service is available all year round.
All you need to do is bring in a
painting you would like restored, or
even re-stretched onto a new frame.
No appointment is needed, just bring
the item along when the center is
open on Saturdays from
10 a.m.-5 p.m.

Children's Basic Ceramics

A fee of \$20 includes instruction, use
of in-house slip, tools and paints.
This is an opportunity not to be
missed. Please call to schedule an
appointment.

Children's Arts and Crafts Birthday Party

How about a birthday party in the
ceramic area? Fee is \$10 per child
for the first six children. The seventh,
eight, ninth, and tenth child are free.
The maximum allowed for the party
is ten children.

**Adult Basic Ceramics**

For a fee of \$30 receive ceramic
instruction, a two gallon box of slip,
in-house tools and paints. Please
call the center to schedule an
appointment.

AUTO-CRAFT CENTER

Bldg 1, NSA Brussels
DSN 368-9743
CIV 02 717.97.43
Open: W and Th 10 a.m.-2 p.m.
and then 4-8 p.m.,
Fr 8:30 a.m.-5 p.m.,
Sa and Su 10 a.m.-6 p.m.

Motorcycle Automotive Classes

Class held every Wednesday from
7-9 p.m. Cost is \$45 for a
six-week course which is 'made
to order' for the customer.
Advance sign-up is required.

Automotive Classes for Dummies

Classes held every Thursday
from 7-9 p.m. Cost is \$25. Classes
are designed to show you general
maintenance and dynamics of
your vehicle. Advance sign-up
is required.

Central Texas College

**SHAPE/NSA Brussels
Communities**

**Term IV registration March 14-25
Term Dates are March 28-May 20**

Call DSN 423-7447 for info

**Upcoming Vocational-Technical
Courses Offered:**

**Administration of Programs
for Children (SHAPE)**

**Juvenile Justice System for
Criminal Justice (SHAPE)**

**Use of Force for Criminal
Justice (Brussels)**

**Sick Not Sick: A guide
to rapid patient assessment.**

(SHAPE)

**All courses lead to an
Associate degree or Certification
in Applied Science.
<http://www.europe.ctcd.edu>**

LIBRARY

NSA, Bldg 4
DSN 368-9791 CIV 02 717-9791
Open T-Th 10 a.m.-6 p.m.,
Fr 12-7 p.m., Sa 11 a.m.-5 p.m.,
Su 12-5 p.m.

SPORTS & FITNESS CENTER

NSA, Bldg 3
DSN 368-9667 CIV 02 717-9791
Open M-Fr 6 a.m.-8 p.m.,
Sa, Su and holidays 9 a.m.-5 p.m.

Run for Your Life Program

This program is designed to
encourage fitness through running.
Participants run at their own pace on
their own timeline and log their miles
with the Fitness Center. Patches are
provided to participants who meet
the 100, 200, 300, 400, 500, 750, and
1000 mile markers.
Individuals must be 18 to participate.

MEDEX Training

Call to schedule an appointment for
a one-on-one training. Individuals
must be 18 to participate.

SPECIAL EVENTS

NSA, Bldg 4, Rm 306
DSN 368-9639 CIV 02 717-9639

Spring Fling/Easter Egg Hunt

Saturday, March 26, 9-11 a.m.
Sponsored by MWR Brussels,
CYS, NSA-Sterrebeek (BAS).

Easter Egg Hunt

9:15 a.m. for children Infant – 2,
9:30 a.m. for 3 – 5 years old,
9:45 a.m. for 6 – 8 years old,
10 a.m. for 9 – 12 years old.

Inside Games:

9-11 a.m. Face Painting, Pictures
with Bunny Rabbit, Arts and Crafts,
Cup Cake Decorating, Easter Egg
Coloring.

Outside Games:

10:15 a.m. - Egg Toss
10:30 a.m. - Egg Relay

Did you know?

**Women's History Month
is from March 1 through
March 31 and the 2005
theme is
"Women Change America"
For your info,
bulletproof vests, fire
escapes, windshield
wipers, and laser printers
were invented by...
women.**

OUTDOOR RECREATION

NSA, Bldg 4, Rm 303
DSN 368-9775 CIV 02 717-9775

Ghent and Bruges

Saturday, March 12, and
Saturday, May 7
Depart from NSA-Sterrebeek at 8 a.m.
and return at 9 p.m. Price is \$45 for
adults and \$35 for children.
Discover these two medieval cities
both in one day! We start our trip
with a guided walking tour through the
beautiful city of Ghent. After lunch we
carry on to Bruges, and again, our
experienced guide takes us on
a tour through the city.

Villeroy & Boch Porcelain Factory

Saturday, 19 March
Depart from NSA-Sterrebeek at 7 a.m.
and return at 8 p.m. Price is \$40 for
adults and \$25 for children.
Visit one of Europe's oldest porcelain
manufacturers! First stop is in
Luxembourg: here you will have the
chance to buy the popular tombola
boxes. Later on we will stop in
Mettlach, Germany - a beautiful
little town on the river Saar.
There will be a choice
available in porcelain,
cutlery, and table linen.
The shops sell both
firsts as well as very
good quality seconds.
You will also find
other shops and
restaurants in
the town of
Mettlach.

**Canterbury**

Saturday, April 2
Depart from NSA-Sterrebeek at
5 a.m. and return around 10:30 pm.
Price for adults is \$45 and for
children only \$39. We first drive to
Calais, where a P&O Car Ferry will
take us to Dover (U.K.) Enjoy the
English breakfast and shopping on
board! On the road to Canterbury,
we stop at Dover Castle (to take
pictures only) and drive on to
Canterbury. See the city for its
famous cathedral, the Canterbury
Tales, and the various antique
shops!

THREE-STAR LOUNGE

NSA, Bldg 1
DSN 368-9732 CIV 02 717-9732
Open Th 7 p.m. – midnight
Fr 5 p.m.-1 a.m., Sa 7 p.m.-1 a.m.

Open to all Tri-Mission ID card
holders and accompanied guests

Thursday Movie Nights

Free popcorn and movie starts at
7:15 p.m., every Thursday in
March and April.

Friday Right Arm Nights

March 4 & April 1, 5 p.m.
Free food while it lasts.

Karaoke Nights

Friday, March 11, 9 p.m.
Saturday, April 16, 9 p.m.

THREE-STAR LOUNGE**Dart Night/Tournament**

Friday, March 25, 5 p.m.
Friday, April 8, 5 p.m.

Pool Tournament

Friday, April 22, 9 p.m.

Steak Night

Saturday, April 23, 7:30 p.m.
Only \$10

High School Dance

Saturday, April 30, 7 p.m.

Note: The 3-Star Lounge will be
closed on 28, 29 and 30 April

Need some help? No problem!
The Northern Law Center's
(NLC) Tax Assistance Office is
open and ready for business.
Their services are free and
available to military members,
their dependents, DoD civilians
and retirees. All tax centers
have the necessary federal
and state income tax forms
available.

Please call for an appointment.

NLC offices are open:
Monday-Friday, 9 a.m.-5 p.m.

NSA Brussels NLC Office
DSN 423-4868
CIV 065 44-4868

Family Saint Patrick's Day

(All ages)
Party, Potluck and
Pool Tournament
Friday, March 18, 6 p.m.

Family Nights

Saturday, March 26
Saturday, April 9
Saturday, May 2

Adult Bingo Night

Saturday, March 18, 7:30 p.m.

Pregnancy Tip:

**Combating morning
sickness? Suck on lemon
drops or eat a few
gingersnap cookies or
better yet put pressure
on your wrist two finger
widths below your wrist
bone and this should
take morning sickness
away for a while.**

ARMY COMMUNITY SERVICE

Bldg 39, Schinnen
DSN 360-7500; 046 443-7500
Open M-Fr 8-4:30 p.m.
It's always a good idea to call ACS to sign up and register for any of the following classes and programs.

NEWCOMERS BRIEFING

Learn about Schinnen and the surrounding area.
In the ACS Conference Room, March 25 and April 8, 29, 8:45 a.m. to 3:30 p.m.

EMPLOYMENT READINESS

Bldg 39, Schinnen
DSN 360-7269 CIV 046 443-7269
Open M-Fr 8 a.m.-4:30 p.m.

Finding Employment Workshop

This workshop is scheduled for Tuesdays in March and April, 10 a.m.-Noon.

Hands on Resumix/Resumes

Workshop is scheduled for every Tuesday from 2-4 p.m.

FAMILY ADVOCACY PROGRAM

Bldg 39, Schinnen
DSN 360-7453 046 443-7453

Love and Logic

Learn new techniques and skills to enhance and promote better communication between you and your spouse.
May 7 and 14 at ACS
10 a.m to 2 p.m.

Anger Management Class

Feeling over-whelmed?
Let ACS help straighten things out in your life. Every Thursday from 10 a.m.-Noon.

Child Safety Class

Learn to recognize the impact and indicators of too much stress in your child's life. Every Wednesday of the month, 1-3 p.m. at ACS.

AFAP CONFERENCE

March 10 – 11

AFAP is one of the Army's principal programs to ensure that standards of living in the Army keep pace with changing times. Soldiers, families, retirees and civilians have an opportunity to influence their own standards of from 8:30 to 4 p.m at the JFC International Chapel, JFC HQ Brunssum.
Call DSN 360-7263 .

ARMY COMMUNITY SERVICE ARMY FAMILY TEAM BUILDING (AFTB)

All classes in the ACS Conference Room. Call DSN 360-7464 to get full details and to register.

Basic Military Benefits and Entitlements

March 17 from 2-3:30 p.m.

Expectations and Impact of the Mission on Family Life

April 25, from 2-3:30 p.m. and provides tips to assist you in developing realistic expectations. Call for time.

ARMY COMMUNITY SERVICE DEPLOYMENT MOBILIZATION PROGRAM

ACS, Building 39,
DSN 360-7451 046 443-7451
Open M-Fr, 8 a.m. – 4:30 p.m.

Coffee Hour for families of deployed soldiers.

Enjoy some adult conversation and time for relaxation. Occasional guest speakers. March 9, 23 and April 13, 27, 10 a.m. to Noon.

AFAP Couples Communication Course

Last Tuesday of every month, 6-8 p.m.



ARMY VOLUNTEER CORPS COORDINATOR (AVCC)

Bldg 39 Schinnen
DSN 360-7451 CIV 046 44-37451
Open M-Fr 8 a.m.-4:30 p.m.
Now's the time to Volunteer.

VOLUNTEER RECOGNITION CEREMONY

April 19, 4-6 p.m.
Call for full details. DSN 360-7451
CIV 046 443-7451

FINANCIAL READINESS PROGRAM

Classes held in the ACS Conference Room. Call DSN 360-7450 or 046 443-7450 for full details.

Financial Focus Class

Two part class for first term soldiers. Part one covers check writing and record keeping. Part two is a financial readiness class for all junior enlisted. Learn tips on how to stretch your dollars. Class held monthly, every second Wednesday, 10 -11:30 a.m.

ARMY COMMUNITY SERVICE**Financial Readiness Class**

Covers banking and credit union services, budget development, record keeping, debt liquidation, insurance, and more. Taught every third Wednesday of the month.

ARMY EMERGENCY RELIEF (AER) CAMPAIGN

All contributions are fully tax deductible. Donors may contribute to the general assistance fund or target specific programs such as scholarships or widow assistance. Call DSN 360-7450 for more information.

NEW PARENT SUPPORT PROGRAM (NPSP/ACS)**Infant Massage Class**

Come meet others at the Schinnen ACS Conference Room and learn the benefits of massage for you and your child. The Infant Massage Classes are on the 1st and 3rd Tuesday of the month, 10 a.m. - Noon.

La Leche League

Dedicated to providing education, information, support, and encouragement to women who want to breast-feed. The 3rd Wednesday of every month, 10 - 11 a.m., in the Schinnen, ACS Conference Room. *Programs that fall on US holidays will be canceled.*

OB Orientation/Prenatal Education Class

First Tuesday of every month at the GK Clinic conference room from 10 a.m. - noon.

CHILD & YOUTH SERVICES CENTRAL ENROLLMENT and REGISTRATION

Treebeek Education Center
DSN 364-6221 CIV 045 56-36221
Open M-Fr 8 a.m. - 5 p.m.
Noon for walk-ins and 1 - 5 p.m.
Closed for lunch noon -1 p.m.
When registering your child, please bring the following items with you:

Completed Registration Packet (if you need one please stop by the office)
Child's Social Security Number
2 Emergency Contact Numbers
Current Health Assessment
Updated Shot Record
Registration Fee (\$15 per child or \$35 per family)

NEW PARENT SUPPORT PROGRAM (NPSP/ACS)**Playgroup For Toddlers**

An interactive and educational playgroup designed to develop parenting skills and gives parents and kids a chance to socialize. At the Schinnen Sports Center, every Thursday morning from 9:30 - 11:30 a.m.

Heerlen Hospital Tour

Community members visit the labor and delivery area of the hospital to discuss issues with labor doctors and nurses. Please call DSN 360-7500 for dates.

CHILD DEVELOPMENT CENTER (CDC)

JFC HQ Brunssum
DSN 364-2575 CIV 045 526-2575
Open M-Fr 7 a.m. - 6 p.m.

YOUTH SERVICES (YS)

Bldg H603, JFC HQ Brunssum
DSN 364-3008 CIV 045 526-3008
Open M-Fr 3:30 - 6 p.m. (after school) and 9 a.m. - 6 p.m. (non-school days).
Youth in grades 6 through 12 must be registered as YS members and the annual fee is \$15.

PLAYER EVALUATIONS

Evaluations for T-Ball, machine pitch, and majors. Ages 5 through 18 meet at the AFNORTH Sports Complex, April 6 at 5:30 p.m. Must be registered (\$30) for CYS baseball/softball.

TOTALLY NEW LOOK AT YS

YS has added significantly more space to the facility. With the extensive refurbishment has come updated furniture and electronic equipment, exciting new video/table games, and AFN-TV to name a few. And here's a huge improvement - a completely new computer/homework lab.

SPRING BREAK

This year spring break runs 21 March through 1 April. Be sure to take advantage of one of the many YS planned outings including trips to local aquatic and snow parks. If snow boarding, ice skating, bowling, and shopping sound good to you... then YS is your headquarters for Spring Break fun.

BASEBALL/SOFTBALL PARENTS INFORMATION MEETING

Parents will get team rosters, game schedules, and locations. March 30 and April 7, 7 p.m. at the YS Bldg.



Express trip to

Paris

Sat 19 Mar

Cost: \$49 per person



Sign-up
deadline
13 Mar 05

Mini Cruise Maastricht/Liege

Boat cruise from Maastricht
to the Flea Market in Liege

Cost:
\$35 per person

Sun 27 Mar

For more information stop by the Schinnen Fitness Center or call
DSN 360-7561 / Com 046-443-7561

BOWLING CENTER

Bldg 40, Schinnen
DSN 360-7207 CIV 046 443-7207
Open: W-Sa 11 a.m.-9 p.m.,
Su 11 a.m.-6 p.m. The Bowling
Center offers a 12-lane house with
Cosmic Bowling, bowling leagues,
open bowling, and a youth
bowling program.

**2005 IMA-Europe Bowling
Championships – April 20, 22**

Call to get roll-off times for men,
women, and mixed teams.
Our van will head to Hohenfels on
the 19th to see if we can repeat as
two time IMA-E champions.
Call the Bowling Center, today.

HARRY'S BBQ

Schinnen Bowling Center
DSN 360-7527 CIV 046 443-7257
Open Tu 11 a.m. – 2 p.m.
W 11 a.m.- 8 p.m.,
Th - Fr 4 - 8 p.m.
Sa 11 a.m. – 6 p.m.
Su 12 – 4 p.m.

PIN POINT CAFÉ

Schinnen Bowling Center
DSN 360-7527
CIV 046 443-7527
Open W-Fr 11 a.m.-8 p.m.,
Sa 11 a.m.-6 p.m.

FITNESS & SPORTS

Bldg 38, Schinnen
DSN 360-7561,
CIV 046 443-7561
Open M -Fr 6 a.m.- 8 p.m., Sa,
Su and Holidays 9 a.m. - 5 p.m.

Taebo / Kickboxing

Mondays and Wednesdays
from 6:30 - 7:30 p.m.

Step Aerobics

Tuesdays and Thursdays
from 6:30 - 7:30 p.m.

Body Balance

Thursdays from 5 - 6 p.m.

CHILD SAFETY TIP

When taking children out for
a walk, make sure that you are
all wearing bright and easily
visible clothing. Avoid darker
clothes or accessories
at all times.

Placing reflectors or
"glow in the dark" decals on
strollers and bicycles
is a good idea too.

SATO TRAVEL

Schinnen
DSN 360-7385 046 443-7482
Open M-W-Fr 8 a.m. - 5 p.m.,
Th 8 a.m. - 8 p.m.

TAX RELIEF OFFICE (VAT)

Schinnen
DSN 360-1780 CIV 046 443-1780,
Open M-Fr 8 a.m. - 4:30 p.m.
Closed US Holidays

MOVIE THEATER/ALLIANCE

JFC HQ Brunssum
DSN 364-2110 CIV 045 526-2110
Open Friday - Sunday
Box Office Opens 6:30 p.m.
Movie at 7 p.m.
Saturday Matinee at 4 p.m.

ALLIANCE PLAYERS PRESENT

Plaza Suite by Neil Simon
If the walls of Suite 719 at the
Plaza Hotel could talk . . .
these are the hilarious stories
they'd tell.
April 29, 30 and May 6, 7 at 8 p.m.
Sunday matinee, May 1 at 4 p.m.
in the Alliance Theatre.
Tickets are 6€ at the door.
Please check

www.allianceplayers.com

for more details and information
about a possible sneak preview
night.

LIBRARY JFC

HQ Brunssum
DSN 364-2669 045 526-2469
Open T-W, 10 a.m. - 8 p.m.,
Th-Fr, 10 a.m. – 6 p.m.
Sa-Su, 12 -4 p.m.
www.afnorthlibrary.army.mil

AUTO HOBBY SHOP

JFC HQ Brunssum
DSN 364-3173 045 526-3173
Open T 8 a.m. – 4 p.m.,
W 9 a.m. – 5 p.m.
Th 12 – 8 p.m.
Fr-Sa 8:30 a.m. – 4:30 p.m.

INDOOR SWIMMING POOL

Located next to the Arts and
Crafts Center on JFC Brunssum
Adult Lap Swim – M-Fr 7 - 8 a.m.
Public/Family Swim –
T-Fr 3 - 6:30 p.m. and
Sa-Su 12 – 4 p.m.
DSN 364-3172; 045 443-3172
Open T-Fr 4-7 p.m., and
Sa-Su 12-4 p.m.

Enjoy the indoor pool or take
advantage of a variety of classes
to include scuba diving and water
aerobics. Catered parties and
special events are available for
a fee Fridays 7 -9 p.m. and
weekends 4 -6 p.m.

MWR TRIPS AND TOURS

Schinnen Fitness Center
DSN 360-756 CIV 046 443-7561

Paris, France

Express trip to Paris
Saturday, March 19
Includes a walking tour. \$49/person

Keukenhof Gardens & Flower Parade

Express Saturday, 23 April
\$49/adults and \$39/children (4-11)

Mini Cruise Maastricht – Liege

Boat cruise from Maastricht to the
world famous Flea Market in Liege.
Sunday, March 27. \$35/person

Open Air Museum in Bokrijk, Belgium

Saturday, April 9. \$12.50/person
including entrance.
Sunday, April 10, \$17.50/person
including entrance

ARTS & CRAFTS CENTER

Bldg H607, JFC Brunssum
DSN 364-2454 CIV 045 526-2454
Open T-Th 10 a.m - 5 p.m.
W 10 a.m. - 9.30 p.m. and
Su 1 - 5 p.m.

FILM PROCESSING

Meeting all your photo processing
needs...new Kodak processing up
and running! Drop photos at the
Arts and Crafts Center or in the lobby
of the Library building. Photos ready
for pick up in three Arts & Crafts
working days.

Fine Art Painting (Oil, Acrylic, Egg
Tempera, and Watercolor)
Drawing (Pencil, Oil Pastel,
Chalk Pastel, and Charcoal)
2 hr classes at €11 each.

Scrap-booking NEW! NEW!

Creative Memories Workshops

Stained Glass Class

By appointment. €11, Just bring
stained glass item and learn about
lead and tiffany styles.

Dry Brush Ceramic Painting

Sign up and bring a ceramic item to
learn or improve your dry brushing
technique. By appointment.

Rubber Stamp Art

We have a wide selection of stamps
and other materials in our store.
Welcome to Teri Ryan, our NEW
rubber stamp art instructor.

Basic Matting and Framing

New!!! €35 by appointment.

To reserve a spot in these classes,
call DSN 364-2454.
Class times and dates are flexible.

ARTS & CRAFTS CENTER

Ceramics

Over 2,400 molds (380 new molds) to choose from. Pour green-ware and bisque-ware.

NEW to the Ceramic Shop?

To use facilities, complete the beginner ceramic pouring class offered on Wednesdays by appointment.
W 10 a.m. - noon, and 6 - 7p.m., €15
Gary & Don instruct you on mold and tool use and cleaning techniques. Complete this class and receive a firing number that allows access to the facility.

Basic Ceramic Painting Class

Sign up to learn three different painting styles including glazing. Please bring an item to paint in class.

Ceramic Mosaic Workshop

Three-hour class. €11 includes materials.

New!! Gem Tree Class

€11 includes all materials and instruction to make a finished wonderful gift.

CUSTOM FRAME CENTER

Bldg H607,
JFC HQ Brunssum
DSN 364-3821 CIV 045 526-3821
Custom Frame Center has ready-made frames and mats in many sizes and styles for immediate pick-up. Come and check out our new frame and mat selections. We will be happy to special order that perfect frame and help showcase your pictures, prints and posters. We also offer dry mounting and laminating, shrink-wrapping and can suggest the best way to preserve and frame your treasures.

Assorted Posters for Sale

We now have over 65 different standard-sized posters for sale in the Custom Frame Shop. The posters are mainly thematic color illustrations...space ships, dinosaurs, rockets, plants, whales, sharks, flowers, trees, and famous artists' lives, in paintings and text. All of the posters are €5. Poster rolled, ask about custom designed framing costs.

Treebeek Law Center
M-W-F 9 a.m.-Noon
1:30-4:30 p.m.
DSN 364-6204

ARTS & CRAFTS CENTER

NEW!! NEW!! Hand Painted Egyptian Papyrus for Sale

We now have 14 different sized papyrus for sale in the Custom Frame Shop. The papyrus are mainly thematic color paintings.

Book Binding in Linen and Leather Workshop

Sign up for this 9 hour class and learn the rare art of book binding from a Meister Bookbinder. Finish two books in linen and leather. €37 (includes all materials) Come to the craft shop to see some beautiful examples.

ROTTERDAM PROGRAMS and ACTIVITIES

Arts and Crafts

Open M-Fr, 10 a.m. - 4 p.m.
DSN 362-2457 CIV 010 459-2457

Library

M- Fr, 10 a.m. - 6 p.m.
Closed 1 - 2 p.m. for lunch
DSN 362-2452 CIV 010 459-2454

HAL's Lounge

M- Th, 2:30 - 8 p.m.
Fr, 4:30 - 10 p.m.



DALLAS COWBOY CHEERLEADERS

**CHIEVRES AIR BASE
HANGAR #4
15 MAR
1900hrs**

**BRUNSSUM, NE
AUTOGRAPHS
15 MAR
1100-1200hrs**

FOR MORE DETAILS CALL: 3 6 1 - 5 5 8 9

U.S. ARMY MWR FOR ALL OF YOUR LIFE

ROTTERDAM PROGRAMS and ACTIVITIES

**Fitness Center, Weight Room,
Car Wash, Car Lift**

Open 24 hours a day.

Family Readiness Group (FRG) MWR Coordinator Rotterdam

DSN 362-2494 CIV 010 459-2494

DMWR Rotterdam

DSN 362-2420 CIV 010 459-2420

Thirteen Lanes of

Fun!

12 Championship plus the Memories Lane Lounge

March Lineup



11 March

UK Night at the lanes when UK ID card holders bowl for \$1/game. Special begins at 6p.m.

18 March



St. Patrick's Day Party in the Memories Lane Lounge. A must for serious revelers. (also Navy Night when Navy ID card holders bowl \$1/game)

24 March

NATIONAL FAMILY DAY

...so our families bowl for a dollar a game, ALL DAY LONG.

25 March

Cosmic Friday when each dinner purchased at the Pin Point Cafe' includes one FREE game.



27 March

Easter Sunday Family Package

Big savings from 11a.m.

April Specials

1 April

Fool's Day Draw

Draw the right ball and pay pennies on the dollar. It's Friday too, and that means



2 April

No Tap Tourney

\$15 entry toward big cash prizes. Play from 6 - 9p.m. **FEELING LUCKY?**

8 April

Bald Night,

when bald people pay \$1 per game.



15 April

TAX BREAK NIGHT

You deserve a break, so it's only \$1 a game.

22 April

Canadian Night

when our friends from the north pay just \$1 per game, 6 to 9p.m.



29 April

Rib Night

One free game comes with every delicious rib plate from Harry's BBQ.



Don't Forget!
Memories Lane Lounge hosts
Social Hour every Friday from 4p.m.



GOOD NEWS!

**Harry's BBQ is now open
Tuesdays for lunch.**

ARMY COMMUNITY SERVICE

Bldg 318, SHAPE
DSN 423-5324 CIV 065/44.53.24
Open M-W, Fr 8 a.m.-5 p.m.
Th 8 a.m.-3 p.m.

Installation Volunteer Ceremony

Friday, April 29 from 12 - 2 p.m.
SHAPE IC Club
For details call 423-4270

Sponsorship Training

Bldg 318, ACS, SHAPE
DSN 423-4332 CIV 065/44.43.32
Be the best sponsor that you can be by attending this class and learning all the basics on Wednesday, April 6 at 10 a.m.

Make the Right Move

Bldg 318, ACS, SHAPE
DSN 423-4332 CIV 065/44.43.32
Are you prepared for your next PCS move? Attend this class on Wednesday, April 6 at 2 p.m. and make the best PCS move ever.

Cultural Adaptation Trip

Bldg 318, ACS, SHAPE
DSN 423-4332 CIV 065/44.43.32
Learn about the Belgian culture; visit and shop at a discount warehouse. If you are interested, give ACS a call today to find out details on the next trip scheduled for Saturday, March 12 and April 16.

80th ASG Newcomer's Brief

Hotel Le Maisieres, across from the SHAPE Main Gate
DSN 423-4332 CIV 065/44.43.32
Learn about the BENELUX SHAPE/Chievres military community and all that is available to you on Wednesday, March 9 and April 13 8:30 a.m. in the W.E.B. office in Hotel Le Maisieres. Active Duty, Civilians and Family Members are welcome to attend. A free complimentary lunch is provided by United Furniture. There is no US endorsement.

Take the Bus

Hotel Le Maisieres
DSN 423-4332 CIV 065/44.43.32
On March 11 and April 14, join ACS for an afternoon of learning how to use the bus system. Register and meet at the Hotel Le Maisieres for an introduction to the Belgian bus system.

Take the Train

Bldg 318, ACS, SHAPE
DSN 423-4332 CIV 065/44.43.32
On Friday, March 18 and April 15, let ACS teach you how to use the Belgian train system. Sign up today. Children are welcome.

**April is Month of
the
Military Child...**

**Look for a special
section celebrating
our children in the
Chievres Air Base
Library.**

**DO NOT WAIT UNTIL IT
IS TOO LATE!****Anger Management Course**

Bldg 318, ACS, SHAPE
DSN 423-5263 CIV 065/44.52.63
Is your life sometimes overwhelming and are you at a breaking point? Attend a four-day class held once a week on Tuesdays from 9-10 a.m. Contact ACS to sign up for this life-skills training class now and improve quality of life for you and your loved ones.



**Seating is limited so sign-up
early for this free trip.
Stop by ACS or
call DSN 423-5324.**

Cultural Adaptation Trip

**Saturday, March 12, 9:00 a.m. to 5:00 p.m.
Saturday, April 16, 9:00 a.m. to 5:00 p.m.**

**April 16 trip incurs a 5 Euro charge.*

Want to work at SHAPE?

MWR Jobs - For a complete listing of jobs, visit www.shapeonline.net or stop by the SCSF Personnel Department located on SHAPE in building 207, room 109 or give them a call at DSN 423-4075.

Thinking about finding a job?

Before you do, sign up and attend the Army Community Service class, "Job Opportunities Workshop."

This class is free and open to the entire SHAPE community. This workshop shows you the different options that you have available to you and how to apply for jobs.

Army Family Action Plan (AFAP)

March 22-23
8:30 a.m. - 4 p.m.
SHAPE IC Club
DSN 423-4270

Job Opportunities Workshop

Bldg 318, Rm 118, SHAPE
DSN 423-4904 CIV 065/44.49.04
Every Wednesday morning from 9 a.m. to noon. Pre-registration is required.

Want to work at Chievres?

MWR Jobs. Go to the following website
<http://www.chrma.hqusareur.army.mil/>
or for AAFES
<http://www.aafes.com>

USAF FAMILY SUPPORT CENTER



Bldg 230, SHAPE, DSN 423-8010, CIV 065/44.80.10
Open M-Fr 9 a.m.-3:30 p.m., Closed SHAPE Holidays

The Family Support Center is a central referral and information center. Here is a list of services offered:

Emergency Financial Assistance or Air Force Aid (Army Relief Fund)
Respite Care (provide a break for AD families who need support)
Great Expectations (Bundles for Babies)
Individual Consultations (for job seekers), Resume Writing and
Local Employment Workshop
Interviewing Skills Workshop, and Employment Board
Sponsorship Resource Program
Personal and Family Readiness Programs to include Readiness Kits,
Video Tele-Conference Capability, Learning Resource Center,
Key Spouse Program, and Air Force 101 Workshop.

If you would like to volunteer in the community, give us a call and get signed up.

ARMY COMMUNITY SERVICE DSN 423-5324

Classes held in building 318, first floor conference room.

First Term Financial Readiness

Tuesday, March 22,
8:30-11:30 a.m.

This eight-lesson program spans from setting a budget to investing and consumer scams. It is mandatory for first-term soldiers but helpful to anyone reassessing their financial status.

Money Management

Friday, April 1, 8:30-11:30 a.m.
Create a spending plan and ensure that money is always available when you need it.

Financial Responsibility and Checkbook Maintenance

Wednesday, April 6, 1-2:30 p.m.
Learn proper use of credit and financial planning.

Saving and Investing

Tuesday, April 26, 9-10:30 a.m.
Learn how to save money and secure your finances. This class teaches you how to start investing today to ensure that you have a secure tomorrow.

Child Safety Tip

Spring is a good time to replace and test fire alarm batteries. It is also a good time to review your fire evacuation and emergency plan with the whole family.

ARMY COMMUNITY SERVICE W.E.B Office

Hotel Le Maisieres
DSN 423-6252 CIV 065/44.62.52
Open M-Fr 9 a.m.-Noon
Closed SHAPE Holidays

Welcoming Everyone to Belgium

is designed to give community members and newcomers the chance to meet with each other for support, communication and assistance. The office is located near the American Lounge and is open Monday through Fridays from 9 a.m.-noon.

Rendez-vous with French!

Hotel Le Maisieres
W.E.B. Office
DSN 423-7598 CIV 065/44.75.98
Looking for some basic French language skills? Let ACS help with this free class for beginners. The class is scheduled on Tuesday, March 15 and April 19 from 9:30 a.m.-Noon
Registration is required.

Welcome to the SHAPE/Chievres Community

Chaplain Jeff Walden is the new SHAPE Family Life Center Chaplain.

Marriage and family counseling available to all military members, DoD civilians and their families.

Call DSN 423-5653 to make and appointment.

ARMY COMMUNITY SERVICE FOR ALL COMMUNITIES

March 1st marks the start of the **Annual Army Emergency Relief (AER) Fundraising Campaign.**

Since 1942, AER has been helping Army People, last year alone, our contributions of 6.5 million dollars help to provide more 35 million dollars of direct assistance to some 50 thousand Soldiers and their families. The Campaign theme this year is "One Nation, One Army, One Organization." Please join us in voluntarily contributing to help our Army family through the 2005 AER Fundraising Campaign. Call your ACS to find out more.

Army One Source Army

One Source is a one-stop shop for military and community resources, online information, newsletters and workshops, free booklets, audio recordings, and written foreign language translations. AOS is free for community members and it is available 24 hours a day, 7 days a week, no matter where you live and work. AOS has consultants who speak English, German, French and Spanish and offer simultaneous translation into more than 150 other languages. Phones are TTY/TDD accessible. Go to www.armyonesource.com, User ID: army, Password: onesource. From Belgium, Netherlands, or Germany call 008 004 648-1077. TTY/TDD 1-800-346-9188, call collect from Europe by dialing 001 484 530-5889.

Digital Senders have been purchased for the 80th ASG Army Community Service (ACS) Centers at SHAPE and the 254th BSB (Schinnen). Brussels is expected to get a Digital Sender during the year. These Digital Senders allow ACS to send digital copies of documents to AOS, where they will be translated into the language of your choice. The translations are returned within 24-48 hours. Translate orders, financial documents, medical records, and much more at no cost. Files are sent to e-mail addresses in the pdf file format.

EDUCATION CENTER

Bldg 212, Rm 130, SHAPE
DSN 423-3466 CIV 065/443466
Open M-Fr 11 a.m.-3 p.m.

OPEN HOUSE

Wednesday, March 9,
11:30 a.m. - 1:30 p.m.

English Tutoring available

March 7-16, 1:30-4:30 p.m.

Free admission.

Interested adult students can join anytime. Who can benefit? Soldiers desiring to raise their G.T. or another Army classification test scores, students preparing for C.L.E.P. Exams, students preparing for High School G.E.D. certificates. College students needing to review English or Math and any student wanting to improve study skills and test-taking strategies. To sign up, call DSN 423-3309.

UNIVERSITY OF PHOENIX

Offering Graduate degrees that can be completed in 16-20 months! MBA or Master of Arts in Education.

UOP Field Rep

at SHAPE is available to assist students daily, and also once a month at NSA (Friday) and Geilenkirchen (Thursday). Call 065/44.46.45.

UNIVERSITY OF OKLAHOMA

DSN 423-3654 (SHAPE)
DSN 364-6003 (Treebeek)
DSN 458-6098 (Geilenkirchen)
Email apshape@ou.edu

Offering the University of Oklahoma Master's Degree In Human Relations and Master's Degree in International Relations More info go to www.goOU.ou.edu or www.goOU.ou.edu/europe/shape.htm.

UNIVERSITY MARYLAND

Registration for Term 4 is March 14-25. Classes begin March 28. Brussels and SHAPE course schedules can be seen at www.ed.umuc.edu. If you have any questions please feel free to contact us at SHAPE. DSN 423-5173 shap@fieldrep.ed.umuc.edu

CENTRAL TEXAS COLLEGE

Term IV registration is March 14-25. Term dates are March 28-May 20 Contact your local CTC rep to enroll, DSN 423-7447

Please visit our website at www.europe.ctcd.edu.

**NEW Safety Automated Hotline**

SHAPE Community
068 27-6300

Keep your community safe. Report suspicious activity. Just call this hotline. This number is not for emergencies. If you have any emergency, contact MP Emergency Line at 068 27-5114.

Prevention is worth...how much when there is break in? Always lock your doors and windows! Periodically check outside lights to ensure they are working! When you travel, leave shades, blinds and curtains in normal positions and don't let the mail pile up.

Check out the SNAP newsletter on the 80th ASG website for more information on how to protect yourself and your possessions.

For more SNAP information, go to www.80asg.army.mil

HEALTH PREVENTION PROGRAMS**Community Health Information**

SHAPE Healthcare Facility
DSN 423-5948 CIV 065/44.59.48
Classes are held at the SHAPE Healthcare Facility Second floor conference room.

Weight Loss Class

Held first Wednesday of the month from 10-11 a.m.

Self Care Class

Held second Tuesday of each month from 10-11 a.m.

Weight Loss Support Group

Held every Friday from 9-9:30 a.m.

Tobacco Cessation Clinic

Held every Monday and Wednesday from 3-4 p.m.

Weight Loss Support Group

Held every Wednesday from 9-9:30 a.m. at Chievres Library (CAC).

Weight Loss Support Group

Held every Thursday from 5-5:30 p.m. at SHAPE building 342 (behind the AFN/ACS building and near the U.S. post office).

LANGUAGE CENTRE

Bldg 211, SHAPE
Open M-Fr 8:30 a.m.-5 p.m.
Classes M-Fr 9 a.m.-8:30 p.m.
Closed SHAPE Holidays
Open to SHAPE ID card holders 16 years and older. Courses in English, French and other languages including Danish, Dutch, German, Italian, Greek, Polish, Portuguese, Spanish, Turkish, and Russian.

**SHAPE CINEMA**

First run movies
Adults € 5
Children 11 and under €3

Other showings
Adults € 4
Children 11 and under €2

Films begin on time. Ticket sales begin 30 minutes prior to each showing. To view current movie Listing go to www.shapeonline.net or www.aafes.com. To verify movie showing call DSN 423-5600 or 065/44.56.00 (up-to-date recording available 24 hours 7 days a week).

CHILD AND YOUTH SERVICES

Central Registration (All Youth)
Bldg 209, SHAPE
DSN 423-3874/4328
CIV 065/44.38.74/43.28
Open M-Fr 8 a.m.-5 p.m.
Annual membership fee and registration are required for youth to participate in CYS programs and services. You must bring a recent health assessment and immunization record in order to register.

SESSION V

Registration for Session V youth instructional classes is open through April 11 to June 11.

Child Development Center

Bldg 616, SHAPE
DSN 423-4810/5613
CIV 065/44.48.10/56.13
Open M-Fr 7:30 a.m.-6:30 p.m.
Hourly Care M-Fr 8:30 a.m.-5:30 p.m.

CDC offers child care for children from 6 weeks to 5 years of age.

Tween Centre

Bldg 503, SHAPE
DSN 423-5789/5635
CIV 065/44.56.35
Open M-Fr 3:30-6:30 p.m.
When school is out the centre is open from 7:30 a.m.-6:30 p.m.

Teen Centre

Bldg 503, SHAPE
DSN 423-5711/5610
CIV 065/44.57.11
Open M-T 3:30-6:30 p.m.
Fr 3:30-9 p.m.
When school is out the Teen Centre is open Noon-6:30 p.m.

School Age Services (SAS)

Bldg 602, SHAPE
DSN 423-5980/5982
Open M-Fr 7:30 a.m.-6:30 p.m.
SAS offers out-of-school activities for youth grades 1-6.

Sports Office

Bldg 503, DSN 423-5856
Register at the Central Registration Office, Bldg 209
Open M-Fr 8 a.m.-5 p.m.
Closed SHAPE Holidays
DSN 423-3874/4328

Volunteer Coaches Needed!

Coaches needed for a variety of sports. Head Coaches receive a discount on their children who are enrolled in CYS sports... first child is free, 50% for second child. Give CYS Sports a call, volunteer and make a difference.

CYS Instructional Classes

Swimming, Tae-kwon-do, Tennis, Ballet, Tap, Gymnastics, Violin, Piano, Guitar, Judo, Orchestra, Cello and Language Lessons.

Sign-up in Bldg 209 on SHAPE and bring a current Health Assessment and an up-to-date immunization record.
Registration fee €12.

1st Enrollment (Re-Registration)
Through – March 11
2nd Enrollment (Registration)
March 14 – 18

CYS PARENT ADVISORY COMMITTEE

March 29, Noon, Bldg 602
School Age Services
April 26, Noon, Bldg 616
Child Development Center
All are invited to join us to learn about CYS programs and initiatives.

LUNCH IS PROVIDED!

Sports Clinic Offered

Stop-by Bldg 209 for a list of special Youth Sporting Events and Clinics during Spring Break
March 29 - April 8.

College Admissions 101
Brown Bag Lunch
Series for Parents

Designed to help parents navigate the college admissions process.
Workshops held in the Library Conference Room, SHAPE American High School from 12-1 p.m.

Dates
March 17
New Graduation
Requirements Class of 2008
and beyond
April 15
Financial Aid and Scholarships

Children's Theater Class

Thursdays from 4-5 p.m. for children ages 5-9 and
Fridays from 4-5:30 p.m. for children ages 9-12. The cost is €8 for 12 classes.
Call DSN 423-3312 to sign up.

ACS NEW PARENT EDUCATION AND SUPPORT PROGRAM

Bldg 318, SHAPE
DSN 423-5324 CIV 065/44.53.24
Open M-Fr 8 a.m.-5 p.m.
Closed SHAPE Holidays

The following classes are held at the SHAPE Healthcare Facility in the 2nd floor conference room. For more information, call DSN 423-4263 or CIV 065/44.42.63

Infant Massage Class

Come to the Infant Massage Class on Thursdays from 11 a.m.-Noon.

Childbirth Education Class

Learn what to expect before, during and after childbirth. This class includes 8 sessions on Wednesdays, 5-7 p.m. Call DSN 423-4263 for the next class dates.

Breastfeeding Support Group

Have questions or want to help others. Give ACS NPESP a call to find out the next date and time for this support group meeting.

Play Morning

Scheduled for March 8 and 22 from 9-11 a.m. at the SHAPE Health Clinic, EDIS playroom located on the second floor.

BENELUX Finance Closings

Closed March 25 and 28.
Please plan your financial needs accordingly.
Units can contact the BFO for emergency issues.

Need a ride to the Airport?

SATO travel located on Chievres Air Base offers a shuttle to Brussels Airport starting at €65 one way.

You must stop by SATO to confirm.

COMMUNITY RECREATION**Community Activity Center (CAC)**

Hangar 4, Chievres Air Base
Fitness Center & Library are also
located in the CAC.
DSN 361-5506 CIV 068/27.55.06
E-mail address:
Chievresactivitycenter@benelux.army.mil

The CAC is available for private and
official functions to include a variety
of events such as birthday parties.

Fitness Center

Chievres Air Base, CAC
Open M-Fr 6 a.m. to 9 p.m.
Sa 10 a.m.-7 p.m.
Su 10 a.m. - 5 p.m.
Closed US and SHAPE Holidays
DSN 361-5643

Come work those holiday pounds off
at the Chievres Fitness Center. And
drop by on Wednesdays at 9:30 and
attend a weight-loss support group
provided by SHAPE Health Care.
No need to sign up, just stop by and
begin the first day of the rest of your
life...the healthy way.

Chievres Air Base Library

Chievres Air Base, CAC
Open T-Fr Noon-6 p.m.,
Sa 10 a.m.-5 p.m.
Closed Sundays, Mondays and
Holidays
DSN 361-5767

The Library offers over 10,000 books,
books on tape, movie VHS tapes and
DVDs. Computers with Internet
service and copier with free
copying are also available.

International Library

Bldg 307, Community Activity
Center, SHAPE
DSN 423-5631 CIV 065.44.5630
Open M-W 9 a.m.-8 p.m.,
Th-Fr 9 a.m.- 6 p.m.,
Sa 10 a.m.-5 p.m.

SHAPE Library Events**Book Discussion Group**

This fabulous book club known as
"Page Turners" meets at 5:30 p.m. on
the third Wednesday of each month.
March 16, 5:30 p.m. come to discuss
Pears on a Willow by Leslie Pietrzyk
April 20, 5:30 p.m. come to discuss
The Bookseller of Kabul by
Anse Seierstad.
May 18, 5:30 p.m.
To Serve Them All My Days by
R.F. Dederfield

Library Gallery

The library hosts a different artist
each month. Come in and view these
beautiful and creative art shows.

**CHILDREN'S
STORY TIME**
Chievres Air Base
Thursdays
4:30-5 p.m.
Story and Craft time

**CHILDREN'S
LAP SIT**
For children
0-24 months
Wednesdays
10-11 a.m.
SHAPE International
Library

SHAPE BOWLING

Bldg 502, SHAPE
DSN 423-5697
Bowl M-Th 11 a.m.-11 p.m.,
Fr-Sa 11-1 a.m., Su and
SHAPE Holidays noon-11 p.m.

LEAGUES

A 12-lane bowling center
providing services for
13 leagues, consisting of
a women's league, a youth
league, and an adult
evening league.

COSMIC BOWL

Glow-in-the-dark bowling
available Friday-Saturday nights.

BOWLING SPECIAL

Monday -Fridays
11 a.m.-2 p.m. €1/game.

SUNDAY IS FAMILY DAY

All games are €1.50

SHAPE HOLIDAYS

Bowl for €1.50 per game.

Stop by the Pro Shop for
many choices in bowling
equipment. Also offer
drill press.

What is decoupage?

Simply it is Napkin Art.
Children cut out of napkins
and apply them to a
prepared surface such
as a wooden box and
then seal it.

Classes for available
for adults too!

**SHAPE ARTS AND CRAFTS
CENTRE**

Bldg 209, SHAPE
DSN 423-4680 CIV 065/44.46.80
M-Th 8:30 a.m.-5:30 p.m. and
Fr 8:30 a.m.-4:30 p.m.

The Arts and Crafts Center provides
facilities, instructions and materials
to meet your creative needs.
The Center features a ceramics studio,
wood and framing shops, custom
engraving and classes on painting,
drawing, flower arranging, quilting,
basketry, jewelry, oil painting,
watercolor, wood turning and much
more. Classes are taught by
a multinational staff and freelance
instructors. We are always looking for
new ideas and talented community
members interested in teaching
a class. Give us a call today.

The following is a list of some of our
classes offered in the upcoming
months. For a complete listing, stop
by the Center. **Materials are not
included in the price unless
specified.**

Oil Painting

€110 / 8 lessons
On Thursdays from 2-5 p.m. and
on Tuesdays from 6-9 p.m.

Watercolor

€110.00 / 8 lessons
On Wednesdays from 6-9 p.m.



**SHAPE/Chievres
MWR BOSS Program
Community Activity Center
SHAPE**

**DSN 361-5506
DSN 423-3321**

**BOSS Meetings are held
every 1st and 3rd Thursday
of the month at 1:30 p.m.**

SHAPE ARTS AND CRAFTS CENTRE

Easy American Country Quilting

€10/lesson (Materials not included)
Wednesdays and Fridays
from 9:30-11:30 a.m. and on
Saturdays on March 19, 26 and
April 16, 30 all day from
10:30 a.m.-4:30 p.m. All day
classes are €35.

Basketry

Classes are held several times
a week. Call for dates and times.

Pottery on the Wheel

€75/6 lessons
On Mondays and Wednesdays
from 9-11:30 a.m. No class from
March 28 through April 10.

Framing

Classes on March 14, 15 and
April 4, 5, 18 and 19 from
9 a.m.-Noon. Cost €30/2 lessons.

Mosaic

(36 tiles, glue and grout included)
March 9, 10 a.m.-1 p.m. and
March 16, 6-9 p.m.
Cost is €25/lesson

Silver Jewelry Making

March 30, April 6, 11, and May 18
6-8 p.m. €20/2 lessons

Power Tool Orientation

March 12, 26 and April 9, 23
from 10:30 a.m.-12 p.m.
€12/class

Furniture Restoration

Thursdays, 6-8 p.m.
€50/4lessons

French Polishing

Wednesdays, 6-8:30 p.m.
€50/4 lessons

When you find that treasure at the
local flea market, bring it to the
Furniture Restoration class to fix
it up and then on to the
French Polishing class to put
the finishing touches on it.

SHAPE ARTS AND CRAFTS CENTRE

Wood Shop

Open T-W 5:30-9 p.m.
Sa Noon-5 p.m.

Wood Turning on the Lathe

€75 / 3 lessons (Materials not
included) Wednesday evenings
from 6-9 p.m.

Children's Classes

Basic Children's Ceramics (age 8 and above)

March 9, 16, 23 and April 13, 20,
and 27 from 4-6 p.m.
€30/3 lessons.
Materials included.

Children's Mosaic
March 12 from Noon-1:30 p.m.
€15/lesson.
Materials included.

Decoupage
March 9, 4:30-6:30 p.m.
€18/lesson.
Materials included.

Swarovski Jewelry Making
March 12, 10 a.m.-Noon
€15/lesson
Materials included.

**LOOKING FOR SOMETHING
FOR THE KIDS TO DO
WHILE ON EASTER BREAK?**

**THE ARTS and CRAFTS
CENTRE OFFERS GREAT
CLASSES DURING
EASTER BREAK
MARCH 29-APRIL 8
STOP BY AND PICK UP A
SCHEDULE...DON'T WAIT TO
SIGN UP. THESE CLASSES
FILL UP FAST.**

Ceramic Hours

M, Th 9 a.m.-5 p.m.,
T-W noon-9 p.m.,
Fr 9 a.m.-3 p.m.
Sa 10 a.m.-5 p.m.

Adult Basic Ceramics

April 9, 16, 26 and May 3 from
9 a.m.-Noon and April 14, 21, 28
and May 12 from 6-10 p.m.
The cost is €30/4 lessons.

Here are some "FINE"
Art Classes. If interested, please
Give the Arts and Crafts Centre
A call for exact dates and times.

Adult Drawing
Thursdays, 6-8 p.m.
8 lesson course
(including 4 lessons with a model)
€110 (supplies not included)

Children's Drawing
Wednesday afternoons
Please call for dates
4 lesson course €40

Watercolors
Wednesdays, 6-9 p.m.
8 lesson course €110
(supplies not included)

Oil Painting
Tuesdays 2-5 p.m. and
Thursdays, 6- 9 p.m.
8 lesson course €110
(supplies not included)



Arts and Crafts Children's Birthday Parties!

Plan events like:
Bisque Painting, Candle
Making, Ceramic Tile
Mosaics, Puzzle Photo
Frame, Mug or Plate
Painting, Swarovski
Jewelry Making.

Call DSN 423-4680
for details.



SHAPE PIZZA BOWL

Bldg 502, SHAPE
DSN 361-5696 CIV 065/44.56.96
Breakfast M-Fr 8 a.m.-10:30 p.m.
Sa-Su 8:30 a.m.-11:30 p.m.
Lunch M-Th 10:30 a.m.-9:30 p.m.
Fr-Sa 11:30 a.m.-11 p.m.
Su 11:30 a.m.-9:30 p.m. and SHAPE
Holidays 12-8 p.m.

Come try a delicious pizza cooked in our new pizza oven and check-out our improved snack bar menu offering many new items to include Biscuits and Gravy, Tacos, Chicken Caesar Salad and French Toast.

SHAPE OFFICER'S CLUB

Bldg 903, SHAPE
DSN 361-4133 CIV 065/44.41.33
Dining Room Lunch M-Fr 11:30 a.m.-1:30 p.m. offering lunch buffet.
Steak Night Thursdays 7-9 p.m.
Ball Room is available for rental for receptions up to 500 people and for seating up to 350 people.

Mons Bar

Open M-Th 5-11:30 p.m.,
Fr 3:30 p.m.-midnight. Snack menu
6-9 p.m. Happy Hour Wed, 6-7 p.m.
Darts every Monday night only €5.

Sunday Brunch

March 20 at 11:30 a.m. Call for a reservation.

DINING

Now open every Tuesday, Wednesday, and Thursday for dinner. Doors open at 5 p.m. Come checkout our new updated menu.

**Friday, Mar 11, Pasta & Basta Dinner
Dance**

Sunday, Mar 20, Easter Brunch

Sunday, Apr 3, Brunch

**Saturday, Apr 16, Spanish Night Dinner
Dance**

Sunday, May 8, Mother's Day Brunch

Friday, May 20, Medieval Night

**M-F, 11:30 a.m.-1:30 p.m. come taste our
delicious lunch buffet for €13.**

OUTDOOR RECREATION CENTRE

Bldg 307, CAC, SHAPE
DSN 423-5380
CIV 065/44.53.80
Open M-Fr 10 a.m.-4 p.m.
Closed Sa, Su and SHAPE
Holidays. Stop by today and pick
up a price list!

Outdoor Recreation offers equipment rental and has everything you need for outdoor activities. Stop by and pick up a complete listing, for every recreational event you are planning, whether it is for your friends, family or your unit. Some items that are available are ski equipment, mountain bikes, camping gear and heaters, tables, canopies, lawn sports equipment, large inflatable party entertainment items, grills and super cookers. For those interested, Outdoor Rec has hall-sized bingo machines available for rental. For customer convenience, Outdoor Rec accepts rental reservations by credit card over the phone.

**Need a gift for your coach?
How about an engraved
plaque?**

**Engraving Service
Arts and Crafts Centre**

**Come see our selection of
wooden boxes, acrylic
awards and plaques.**

Child Safety Tip

Spring brings out
bicycles,
so make sure that you
review bike safety and
rules with your children,
including of course
wearing an approved,
well fitting bicycle helmet
at all times, before your
child starts biking again.

SHAPE AUTO SKILLS CENTER

Bldg 314, SHAPE
DSN 423-4693
Open T-Th noon-8 p.m.
Fr noon-6 p.m.,
Sa 10 a.m.-6 p.m.

Offering 14 work areas and 4 lifts.
Welding, steam cleaning,
wheel balancing, brake testing, etc.

Stop by and check us out.

SHAPE INTERNATIONAL COMMUNITY CLUB

Bldg 303, SHAPE
DSN 423-5129 CIV 065/44.51.29
Open for Self Service
Lunch M-Sa 11:30 a.m.-2 p.m.
Dinner M-Sa 5-8:30 p.m.
Stag Bar Open M-W 4:30 p.m.-
11 p.m. Disco Night is on Thursday
4:30 p.m.-2 a.m.,
Fr 3:30 p.m.-1 a.m. with
Happy Hour from 3:30-4:30 p.m.
Sa 4:30 p.m.-Midnight
The IC Club is available
to rent for private parties and
social events.

SILVER SPOON-HQ Cafeteria

Bldg 102, SHAPE
DSN 361-5114, CIV 06544.51.14
Open Breakfast M-Fr 7:30-10 a.m.
Lunch 11:30 a.m.-2 p.m.

Café Bar open M-Th 9 a.m.-5 p.m.
and Fr 9 a.m.-3:30 p.m.

The HQ Cafeteria offers a large
variety of choices from sandwiches,
to hot full-course meals and a large
salad bar. Call in for a cup of coffee
or tea, enjoy a good breakfast,
have lunch with co-workers or try
one of the great cappuccinos
in a friendly and relaxed
atmosphere.

ATHLETICS PROGRAM

Bldg 313, SHAPE
 DSN 423-5325/4405 or
 CIV 065/44.53.25
 The facilities offer basketball, volleyball, badminton, squash, racquetball, handball and 5-1 side courts, a 25 meter indoor swimming pool, aerobics studio, fitness suite, saunas, free weights, soccer, football, rugby, baseball, softball, cricket, and tennis. Also available are personal trainers, tennis instructors and massage therapist.

Indoor Pool Operating Hours**Lane Swim**

M-Fr from 6:30-8 a.m. and
 11:30 a.m. -1:15 p.m.

Family/Open Swim

M-Fr 5:30-7 p.m.
 Sa-Su and SHAPE
 Holidays 10 a.m.-3:30 p.m.

Green Gym

M-Fr 6 a.m.-9 p.m.
 and Sa-Su 10 a.m.-4 p.m.

Fitness Introduction Class

Fitness introduction is not a mandatory class but is recommended for users not familiar with the equipment. To sign up, call DSN 423-4247/5325.

Fitness Classes

The cost for all fitness classes are 5 classes for €18, 10 classes for €33, and 15 classes for €43 and can be purchased in the Main Gym checkout. Newcomers may try one class for free.

Water Aerobics

Every Tuesday, 7-8 p.m.

Body Blast Class

Every Monday, 9:30-10:30 a.m.

Yoga Flow Class

Every Wednesday, 9:30-10:30 a.m.

Flexible Strength Class

Every Wednesday, 6:30-7:30 p.m.

Step Aerobic Classes

Every Tuesday from 5:50-6:50 p.m.
 Every Thursday from 6-7 p.m.

Fit Ball Class

Every Friday from 9:30-10:30 a.m.

Spinning

Every M, W, Fr, Noon -1:00 p.m.

Yoga

Every Tuesday, 9:30-10:30 a.m.

Yoga Stretching

Every Monday, 7-8 p.m.
 Every Wednesday, 4:30-5:30 pm

Circuit Training

Every M, W, Fr, 12:30-1:30 p.m.

SHAPE Main Gym

Open

Monday-Friday

6:30 a.m-9 p.m.

and

Weekends and

SHAPE Holidays

10 a.m.-4 p.m.

**MONTHLY
 FUN RUN
 ON
 SHAPE**
**EVERY LAST
 TUESDAY
 OF
 THE MONTH**

**REGISTER AT
 THE
 MAIN GYM
 BY**

12:15 p.m.

RUN BEGINS

12:30 p.m.

DSN 423-3945

Mommy and Me Fitness

Every Monday through Friday
 9:30-11:30 a.m.in the Fitness Suite
 DSN 423-3945/4247
 CIV 065/44 39.45/42.47

SHAPE Community Level Softball

Men and Women

We are now accepting resumes for head coaches, all those interested please contact call
 DSN 423-3905
 CIV 065/44 39.05

WOMEN'S RUGBY

HOME GAMES AT THE SPORTS PAVILION

Saturday, April 2, 3 p.m.

SHAPE vs. Kituro Schaerbeek

MEN'S RUGBY

HOME GAMES AT THE SPORTS PAVILION

Sunday, April 10, 2 p.m.

SHAPE vs. Brugge

SACEUR SPORTS EVENTS

Thursday, April 28

Soccer

Times for events will be announced

For additional information

please call

DSN 423-4717

CIV 065/44 47.17

**OTHER SHAPE MAIN GYM
 ACTIVITIES**

**VOLLEYBALL
 SOCCER**

**UNIT LEVEL BASKETBALL
 RUGBY**

**COMMUNITY BASKETBALL
 SHAPE SEALS**

MORE DETAILS, CALL 423-3947

**WOMEN INFANTS AND CHILDREN OVERSEAS
(WIC Overseas)**

Helping Children Get the Best Possible Start

WIC Overseas provides nutrition education and supplemental foods to pregnant/breastfeeding women, infants and children up to 5 years. Eligibility is determined by family size, income and other criteria. Call today to see if you qualify.

March is National Nutrition Month and WIC Overseas is hosting an Infant and Child Dental Health Class on March 15 from 10-11 a.m. at the SHAPE Healthcare Facility, second floor conference room. For more information, call the office at DSN 423-5971 or CIV 065 44-5971.

St. Patty's Day

March 17th
Opens 1700hrs



P

arty

Prime
Time
Lounge



Come out for food,
fun, games and prizes!

Daumerie Caserne, Belgium

Installation Volunteer Celebration SHAPE/Chievres Community

April 29, Noon-2 p.m.
IC Club located on SHAPE



Open to entire community

Nomination forms for volunteer
awards are due to the Army
Volunteer coordinator located at ACS,
Bldg. 318 on SHAPE by April 6.
Call DSN 423-4270 for information
and forms.

Army Family Action Plan Conference

SHAPE/Chievres Community

March 22-23

8:30 a.m.-4 p.m.

IC Club on SHAPE

Issue forms are available through
ACS in Bldg. 318, SHAPE
or
Call DSN 423-4270,
if you have questions
or would like
to participate.



Army Career & Alumni Program

ACAP

Open to all military members,
their spouses, and civilian
members contemplating
leaving government service.

For details and transportation call ACS at DSN 423-4904/5324

The ACAP Program includes
a Pre-separation Briefing
and a Career Transition
Workshop.

The Pre-separation Briefing,
required by public law,
reviews the benefits and
services available to military
service members and their
families as they transit
from the service.

The Career Transition
Workshop will cover such
topics as:

Pre-separation Briefing
Stress Management
Career Planning
Self-Assessment
Objective Setting
Job Search Techniques
Resume Writing
Cover Letters
References
Interviewing
Salary Negotiation
Job Offer Evaluation



3-4 May 2005

Hotel le Maisieres, SHAPE, Belgium
0830 to 1600

SHAPE TRIPS AND TOURS

SHAPE, Bldg 307
Community Activity Centre
DSN 423-3884 CIV 065/44.38.84
FAX 065/84.51.54
Email: st&t@benelux.army.mil
Open M-Fr, 9 a.m.-4 p.m.
Closed SHAPE Holidays
<http://www.Shapeonline.net>

12 March 2005 (Saturday)
Thermae 2000

Join us for a relaxed day being totally spoiled! The day-pass includes thermal baths, whirlpools (both separate and integrated into the main baths) and saunas. You can also participate in the activities that take place every day. Additionally, you may purchase beauty treatments, massage, solarium, and fysio-therapie. To avoid disappointment, additional services should be booked at least six (6) weeks in advance. Stop by SHAPE Trips & Tours office for more information.

Price: € 45 (includes day-pass)
Children must be 6 years or older to go on this trip. There are no discounts for children.

19 March 2005 (Saturday)
and
30 April 2005 (Saturday)

Horseback Riding in Chaleux
Do you want an unusual experience in the Belgian Ardennes? Well, why not try a Western horseback riding experience with us in Chaleux. The Ranch Bellevue offers a beautiful 3-hour trail ride with a lunch stop in a café restaurant located in the nature park of Furfooz. The entire area shows the glory of the Belgian Ardennes and the beautiful landscapes of the river Lesse, which we will cross three times at the fords of Chaleux. This 3-hour trail ride is not recommended for novices.

Price: €40 (*Does not include lunch*)

29 March 2005 (Tuesday – Spring Recess) Aqualibi

This is your opportunity to get an early start on the Spring season. Take your family and friends down the fun water slides – with or without huge tubes – jump in the waves, splash around, or relax in the hot tub. Get wet and wild with SHAPE Trips and Tours.

Price: €25 *Includes transportation and entrance.*

SHAPE TRIPS AND TOURS

Trips & Tours offers day, weekend, and week-long trips to destinations all over Europe for prices you can afford. Aqualibi and other EURO park discount tickets are available. Although it is always best to come in to the office to book a trip, Trips and Tours now accepts credit card reservations over the phone.



To make reservations for your best friend, call DSN 361-5436.

Trips Coming in 2005!
March

18: Irish Pub Crawl
19: Brugge & Ghent
29: Aqualibi
30: Het Loo & Van Gogh Museum

April

1-8: Spain
2: Lille
16: Delft & Keukenhof
17: Rhine River Cruise
23: Versailles
30: Loire Valley

May

7: Rhine in Flames
14: Paris
15-16: Champagne Weekend
21: Somme Battlefields
28: Dover and Canterbury (ferry)

June

3-5: Normandy Weekend

July

25-29: Neustadt, Karlovy Vary and Prague

September

3: Champagne Tour

October 29 to Nov 5

Czech Republic, Hungary & Austria

November

11-13: Verdun WWI Weekend

December

10: Christmas in Rothenburg

SHAPE TRIPS AND TOURS

20 March 2005 (Sunday)
and
24 April 2005 (Sunday)

Horseback Riding in Cuesmes
Have you ever tried your hand at horseback riding? Join us at the riding stables of the Site Du Levant, located just outside Mons. They will give you the necessary training to ride a horse and take it to the highest hill in the Mons area. We will try to have two groups: the first group is for all levels (children 4 years and up) and the second group for advanced riders.

Price: €25

1 – 8 April 2005
Spain

Fancy a change from the drab and dreary Belgian weather? How about a trip to sunny Costa Brava in Spain? We'll spend five nights in a 4-star hotel in Santa Susanna on the Costa Brava, with free entertainment every night, a bar, gambling room, indoor and outdoor pools, and a fitness room. We will visit the Tropical Gardens and a market in Tordera. Excursions to Tossa de Mar, Lloret de Mar, and La Bisbal will give you time to enjoy and explore some of Spain's wonderful small towns. Our guided city tour of Barcelona will include the Sagrada Familia and Olympic Stadium. We'll enjoy a flamenco show of wild gypsy music and dance with singing, a leather show, and a wine tasting.
Price: € 667/Adult in single room;
€ 583/Adult in double or twin room;
€ 573/Person +13 years in triple room;
€ 450/Child 2-12 in room with two adults;
€195/Child under 2

26 March 2005 (Saturday)
Paris

You can visit the Arc de Triomphe, Notre Dame, the Louvre, or one of the many other museums. Take a long leisurely boat ride down the River Seine. The Sacre Coeur is a must-see. Behind the Sacre Coeur is Place due Tertre (artist's corner). Stop and have your picture drawn (agree on the price beforehand) or have a cup of coffee and people-watch at one of the nearby cafés. If shopping is on your agenda, don't miss the large department stores Printemps and Galleries Lafayette. Stroll along the River Seine on the Left Bank and browse through the old books and posters. The list of things to do and see in the City of Lights is endless. Join us and find out for yourself!
Price: € 25

Civilian Phone Code

When dialing a military telephone number or DSN from a civilian telephone, convert the DSN prefix: Locate the DSN number and correct city such as 361-5904 (Chievres).

The civilian number would be 068 (city code) 27 (civilian prefix) 5904 (last 4 of DSN).

| DSN | CITY | CODE | CIV | PREFIX |
|-----|----------|--------|------|--------|
| 365 | Brussels | 02 | 7079 | last 3 |
| 368 | Brussels | 02 | 7179 | last 3 |
| 361 | Chievres | 068 | 27 | last 4 |
| 366 | SHAPE | 065 | 32 | last 4 |
| 423 | SHAPE | 065 | 44 | last 4 |
| 360 | Schinnen | 003146 | 443 | last 4 |
| 364 | Schinnen | 003145 | 526 | last 4 |

For emergencies call:

Ambulance 112 (Netherlands/Belgium)

Fire 100 (Belgium)

Police 101 (Belgium)

SHAPE 065.44.33.33

MP on Base 114 (All Communities)

Poison Control-090-245245

Important Community Phone Numbers

| | |
|--------------------|----------|
| AAFES NSA Brussels | 368-9789 |
| AAFES Chievres | 361-5100 |
| AAFES Schinnen | 360-7586 |
| Rotterdam Annex | 362-2359 |

| | |
|----------------------------|----------|
| Armed Forces Network (AFN) | 423-4121 |
| AFN Radio Frequencies | |

| | |
|----------|--------------------|
| Brussels | 101.7 FM |
| Chievres | 107.9 FM |
| SHAPE | 104.2 FM, 106.5 FM |
| Schinnen | 89.2 FM |

Cinema

| | |
|-----------------|---------------|
| JFC HQ Brunssum | 0031455262110 |
| SHAPE | 423-5600 |

| | |
|---------------------------------|----------|
| Civilian Personnel Office (NAF) | 361-5319 |
|---------------------------------|----------|

Commissary

| | |
|----------|----------|
| Chievres | 361-5671 |
| Schinnen | 360-7513 |

Computer Help Desk

| | |
|----------|----------|
| Brussels | 368-9741 |
| Chievres | 361-5328 |
| Schinnen | 360-7403 |
| SHAPE | 423-7251 |

Equal Employment Opportunity (EEO)

| | |
|--------------------|----------|
| Chievres/SHAPE/NSA | 361-5057 |
| Schinnen | 360-7445 |

Finance Office

| | |
|----------------------|---------------|
| JFC HQ Brunssum | 364-2829/2839 |
| Brussels | 368-9732 |
| SHAPE | 423-5211 |
| Dial-a-Rate | 423-3601 |
| (SHAPE and NSA only) | |

Healthcare Facility

| | |
|-----------------|----------------|
| Geilenkirchen | 00492451993200 |
| NATO (Brussels) | 368-9500 |
| SHAPE | 423-5886 |

| | |
|------------|---------------|
| MWR Office | |
| Brussels | 368-9753 |
| Chievres | 361-5246 |
| Schinnen | 360-1550 |
| SHAPE | 423-4269/4777 |

| | |
|-----------------------|----------|
| Public Affairs Office | 361-5419 |
|-----------------------|----------|

For non-emergencies call:

| | |
|--------------------|----------------|
| American Red Cross | |
| Geilenkirchen AB | 00492451632068 |
| SHAPE | 423-4008 |

Military Police

| | |
|----------|---------------|
| Brussels | 368-9769 |
| Chievres | 361-5301 |
| Schinnen | 360-7555 |
| SHAPE | 423-3333/3334 |

Other Community Information Sources

MWR Europe - Connection Magazine
SHAPE MWR - Community Life Magazine
80th ASG PAO - Meteor-Heraut
JFC HQ Brunssum - Northern Star
The Brussels Weekly - U.S. Embassy weekly newsletter.

Travel Information

For online links to European travel sources to include SATO Travel Europe, Armed Forces Vacation Clubs, train and bus schedules, visit

www.80asg.army.mil

Happy Trails!

www.afnorth.nato.int

Joint Force Command Brunssum

www.afnorthlibrary.belnelux.army.mil

library source

www.nato.int

Northern Atlantic Treaty Organization

www.nato.int/structur/recruit/index.htm

NATO Brussels vacancies

www.afno-is.eu.dodea.edu

AFNorth International School

www.brus-ehs.eu.dodea.edu

Brussels International School

www.shap-hs.eu.dodea.edu

SHAPE International High School

www.shap-es.eu.dodea.edu

SHAPE International Elementary School

www.80asg.army.mil

provides information concerning the 80th Area Support Group

www.shapeonline.net

provides MWR information for programs and services available on SHAPE and open to the international community.

www.brussels.army.mil

provides community event information for NSA Brussels community.

www.afneurope.net/SHAPE

provides Armed Forces Network Europe information including news and special events information.

www.us.army.mil

links to Army Knowledge On-line

www.tricare.osd.mil

links to US DoD Health Care System

<https://mypay.dfas.mil/mypay.aspx>

manage pay information, leave and earning statements and more

www.chrma.hqusareur.army.mil

provides information on General Schedule and Non-appropriated jobs in the BENELUX

www.nato.int/shape/community/civpers/office.htm

provides information on SHAPE NATO available jobs.



Do you know about ICE online?

The Interactive Customer Evaluation (ICE) system is a web-based customer evaluation tool provided throughout the Department of Defense (DoD). Rate your praises or concerns about a facility or program and get quick feedback. Read site reports to find out what others have shared, too! Facility managers want to hear from you, so use ICE and provide feedback. Web site:

<http://ice.disa.mil/>

New to the community?

Here are programs in the community that are available to newcomers that want to learn more about where they live and work.

80th ASG Newcomer's Briefing On March 9, April 13 and May 11 get a complete overview of the military community on SHAPE/Chievres. Come to the Hotel Le Maisières at 8.30 a.m. and find out more about your new neighborhood. The briefing is open to all U.S. ID cardholders. Call CIV 065/44.4332 for more details. All participants are treated to a free lunch.

W.E.B. Office – Welcoming Everyone to Belgium is located in the Hotel Le Maisières, beside the American Lounge and open Monday through Friday from 9 a.m.-noon. The W.E.B. office is an ACS outreach program connecting community members and providing assistance with services, activities and information about events in the local area.

Take the Bus Meet outside the Hotel Le Maisières on Friday, March 11, April 14 or May 12 and explore with ACS how to find your way around in the area using the Belgian bus system. To sign up call CIV 065/44.4332.

Take the Train Find out how you can discover your new area while traveling around using the Belgian train system on Friday, March 18, April 15, or May 13. Trips include visits to the markets at the Grand Place in Brussels, where's always something exciting going on. To sign up, call ACS at CIV 065/44.4332.

Cultural Adaptation Trip Another great opportunity to explore your new surroundings. Get some insights from a local guide, i.e. where to find the best shopping places and the best deals in Belgium on this free trip from ACS. Call CIV 065/44.4332 to get details on the next scheduled trips for March 12, April 16 and May 14. Group meets at 9 a.m. in front of ACS, Bldg 318, SHAPE. Pre-Registration required.

French HEADSTART is a free 30 hour introduction to the French language and Belgian culture. Instructors are French native speakers. The course is mandatory for all USAREUR soldiers E1 to O5. Other active duty military and adult family members may attend on a space available basis and openings may be filled by any member of NATO/SHAPE/Chievres community. There is no fee and a textbook is provided. Next scheduled classes are March 14-25 from 8.30-11.30 a.m. and April 11-22 from 1.30-4.30 p.m. Call the Education Center at CIV 065/44.3466 to sign up.

Rendez-Vous with French This free course is designed to teach you some key words and phrases in the French language and to give you tips about local customs. Rendez-Vous with French is not a substitute for a language class but can assist you on where to find the best language training in the area. Next classes are on March 15, April 19 and May 17.

SHAPE Language Center provides language training in English, French, and a variety of other languages namely Dutch, German, Greek, Italian, Spanish, Polish, Portuguese, Turkish and Russian. This is a wonderful opportunity to learn another language. Receive 50% discount on your dependents 1st English or French beginner course if you sign up within your first six month in the community. The Language Center offers spring, summer and fall/winter classes and is located on SHAPE in Bldg 211. Easter Recess for all language classes is from March 25 to April 8. Call CIV 065/44.4971 for additional info and to make appointments.

Job Opportunities Workshop Every Wednesday morning the Army Community Service - ACS Employment Readiness Program (located in Bldg 318, rm. 118, SHAPE) offers a workshop to assist family members in their job search and career development. The ACS Employment Readiness Program works closely with the Civilian Personnel Advisory Center (CPAC) to provide a full range of employment related services from building your resume to working with Resumix and giving tips for a smooth job interview. Active duty service members, civilian employees, retirees, surviving spouses and family members (to include youth) are eligible to use these services. To register, call CIV 065/44.4904.

Lending Locker Call ACS at CIV 065/44.4332 to borrow items while moving. The Lending Locker is located on SHAPE in Bldg 318 and offers many useful items, including vacuum cleaners, until your household goods arrive.

Information on any of the programs listed above can also be found at our website at www.80ASG.Army.Mil.

BENELUX FINANCE OFFICE (BFO)

Reminder: Military Pay and Travel Pay is closed on Thursdays for training. You may deposit travel vouchers in the drop box located in the hallway on Thursdays or any time you do not require one-on-one assistance from a Travel Clerk. Emergencies will always be serviced, but please plan accordingly. Disbursing/Check Cashing is open 9 a.m. - 3 p.m. on Thursdays and 9 a.m. - 5 p.m. on normal days.

Combat Zone Entitlements

Each soldier returning from a Combat Zone will process through finance for a one-on-one review to ensure entitlements are stopped on time. We will monitor the changes but ask that units and individuals do a cross-check to ensure accuracy. Anyone preparing to deploy can stop by the BFO offices to change, update, or inquire about any of their military pay issues.

New to the community?

Here are programs in the community that are available to newcomers that want to learn more about where they live and work.

NSA Brussels Community

NSA Newcomer's Briefing is offered quarterly. This three-day workshop ensures a smoother transition for new arrivals! Next Newcomer's Briefing is planned for April 19-21. On Tuesday, April 19 from 8:45 a.m. – 2:30 p.m. at NSA Bldg 3, Command Conference Room, key agencies will present a brief overview of their programs and answer your questions. On Wednesday, April 20 from 9:30 a.m. – noon, the NATO Health Clinic patient liaison coordinator will provide a tour of the Leuven Gasthuisberg Hospital (meeting point is ACS, NSA Bldg 4 at 9:25 a.m.) and ACS will give you general information about Belgium. On Thursday, April 21 from 9:30 – 11:00 a.m., the Director of the Delhaize in Kraainem will familiarize you with a local grocery store. If you are interested and would like to sign up, please call ACS at CIV 02 717-9783 to sign up. Also available for you at ACS in Brussels: individual Newcomer's Briefing (upon request). Includes a brief overview of key agencies' programs and practical information about Belgian customs and courtesies. Metro Madness Class Learn how to use the public transportation system in Brussels, then participate in a field trip to put your newly learned knowledge to the test. Next classes are March 18 and April 22 from 9.25 a.m.-2.30 p.m.. Call ACS at CIV 02 717-9783 to sign up.

French HEADSTART is a free 30 hour introduction to the French language and Belgian culture. Instructors are French native speakers. The course is mandatory for all USAREUR soldiers E1 to O5. Other active duty military and adult family members may attend on a space available basis and openings may be filled by any member of U.S./NATO community. There is no fee and a textbook is provided. Next scheduled class is May 9-20 from 9 a.m.-noon. Call NSA Education Center at CIV 02 717-9704 for details and to reserve your space.

Dutch HEADSTART is a free introductory course in the Dutch language and culture. Field trips to local areas can be included during the course dates. These classes are open to active duty military, family members, and anyone holding a military or NATO ID card (space permitting). Next classes are held April 18-29 and May 23 to June 4 from 9 a.m.-noon. To sign up, call NSA Education Center at CIV 02 717-9704.

Job Information Board If you are looking for a job, the ACS Employment Readiness Program maintains a list of job vacancies in the region. Vacancies are posted on the Job Announcement Board, located next to the ACS Employment Readiness Manager's Office, Room 326 (NSA Bldg. 4, top floor). Application forms and useful handouts are available through the ACS Employment Readiness Program. For more information call CIV 02 717-9783.

Relocation Lending Closet Useful items are available to borrow for those of you relocating and with household goods in transit. The ACS Lending Closet now has microwaves for in/outbound personnel, which can be checked out for up to one month. Please note we operate by appointments only. For details, contact CIV 02 717-9783.

Schinnen Community

Newcomer's Briefing and Newcomer's Orientation Learn about housing, local bill pay system, medical care and everything there is to know in your new community at the Newcomer's Brief. After the brief go on a tour to explore activities at Schinnen, Treebeek, Brunssum and at Geilenkirchen Air Base with other newcomers! The orientation includes giving driving tips, best routes, local history, finding things, shopping tips, "getting lost" prevention, historical sites and museums, restaurants and more... The Newcomer's Briefing is offered every second and every last Friday of the month from 9 a.m.-3.30 p.m. For info and to sign up, call CIV 046 443-7512.

Dutch HEADSTART Free language orientation course open to active duty military, family members and anyone holding a military or NATO ID card (space permitting). Classes are held March 28 through April 8, and May 31 through June 10 from 10 a.m.-1 p.m. at the JFC Education Center. Call the Education Center at CIV 046 563-6060/6041 to sign up.

Finding Employment Workshop is offered every Tuesday from 10 a.m.-noon to help with interviewing and preparing to find a new job. In the afternoon from 2-4 p.m. learn how to create a stunning resume and how to work with Resumix to apply for government jobs with Hands on Resume/Resumix workshop. Sign up at CIV 046 443-7269.

Lending/Loan Closet is open Monday through Friday from 8 a.m.-4.30 p.m. and located at ACS, Bldg 39/43. Kitchen supplies, household items and various baby supplies are available for community members during relocation. Contact ACS at CIV 046 443-7512.

Exceptional Family Member Program

Exceptional Family Members interested in EFMP recreation activities or programs in the Benelux area, please contact NSA/DMWR at CIV 02 717-9753 or DSN 368-9753.



April is designated as the Month of the Military Child to emphasize the importance of providing children with quality services in a mobile military environment. This issue is dedicated to all military children. They are our future!

<http://www.mfrc-dodqol.org/healthyparenting/>

Welcome to the Healthy Parenting Tool Kit, providing resources for parents dealing with issues related to serving in the United States military. The military, working in conjunction with parenting professionals and experts at partnering universities, has created a wide variety of materials to help those dealing with the unique challenges of balancing family and military life.

<http://www.wblo.org/skins/WBLO/home.aspx>

The Well-Being Liaison Office (WBLO) assists the Army Leadership with its constituent communities - Soldiers (Active-Duty, National Guard and Army Reserve), Civilians, Retirees, Veterans and their Family members - to ensure the effective delivery of Well-Being programs to the Army.

<http://www.afcrossroads.com/kids/index.cfm>

Welcome to the Teens & Youth section of Air Force Crossroads. Hope you came ready to have fun because this section has tons to offer both kids and teenagers alike. From sports to arts to video games, you will find hours worth of information and entertainment that will keep you coming back for more.

http://www.nmfa.org/site/PageServer?pagename=home_familylife

For families, military service provides endless opportunities for adventure and learning; however, at the same time families are subject to unique challenges. This website provides information to make the most of the adventure and conquer the challenges. Some feel that one of the greatest benefits of military service is the opportunity to live in other countries.

<http://www.milspouse.org/>

Welcome to MilSpouse.org. This online resource library is for military spouse employment, education and relocation information. Here you will find thousands of links to employment related information and other resources for military spouses and military families.

Need some help? No problem! The Northern Law Center's (NLC) Tax Assistance Office is open and ready for business. Their services are free and available to military members, their dependents, DoD civilians and retirees. All tax centers have the necessary federal and state income tax forms available.

Please call for an appointment.

NLC offices are open
Monday-Friday, 9 a.m.-5 p.m.

SHAPE NLC Office
DSN 423-4906
065 44-4906

March 20 - Spring begins



***Time to take a break
and get some exercise.***

US NAVY

Bldg 101
DSN 423-4177
CIV 065/44.41.77

BAKE SALE

Thursday March 17
Friday, April 1
9:30 a.m.-1:30 p.m.
SHAPE Main Building
Cafeteria

Help support the
U.S. Navy 230th
Birthday Ball.

2005 Newman's Own Awards

Available \$50,000 in Grants

To volunteer organizations for developing the most innovative programs to improve the quality of life and support military families. The top submission receives a \$10,000 grant. To be eligible, the organization must support Active Duty, National Guard, or Reserve Unit(s) or installation(s) and must be tax exempt under Section 501(c) (3) of the IRS code; or a private organization as defined by the DoD. Go to <http://www.fisherhouse.org> or call (888) 294-8560 for more information. Applications must be received by April 30.

Christopher Novak

Author and motivational speaker and graduate of 1979 SHAPE High School - Wednesday, April 27, 7 p.m.

SHAPE School Cafeteria

Free and Open to the Community and well worth the time to attend! Mr. Novak will share thoughts on his new book, "Conquering Adversity: Six Strategies to move you and Your Team through Tough Times." This powerful, real-life message shows you how to move forward when tragedy and adversity strike. Mr. Novak lost his wife, Cynthia, also a SHAPIAN, in 1998 to a drunk driver. Mr. Novak will also speak to the students at the middle and high school on Thursday, April 28 and limited seating may be available. For more information, please call Jan at DSN 423-5789. Event brought to you by SHAPE PTSA and SLO.

Don't forget to support the SHAPE Scholarship Committee and attend the March 12-13 Spring Bazaar at the SHAPE School Cafeteria. This all-volunteer committee raises between \$20,000 and \$30,000 annually for graduating SHAPE college-bound students.

Scholarship Opportunity Available to Military Spouses

The National Military Family Association (NMFA) announces that applications are now being accepted for the NMFA's Joanne Holbrook Patton Military Spouse Scholarship Program. The scholarships are awarded to military spouses (active, retired, reserve, guard or survivor) to obtain professional certification or to attend post secondary or graduate school for an academic year.

Scholarships are normally \$1000. Applications are due on March 31.

For more information, go to

www.nmfa.org

or call (703) 931-6632.



American Red Cross

Deployment Readiness

Are you or someone you know deploying? Or do you know someone who will be returning from deployment? We have some excellent information sheets to help with those deploying (including a handy checklist), those returning from deployment and the family members staying behind. Stop by our office to pick these up, or shoot us an email and we will be happy to email the sheets to you.

Preparedness Classes

Are you ready for a fire?
How about a flood?

Do you have a personal disaster plan or personal disaster supplies kit ready? Stop by the Red Cross office to pick up some informational brochures or to schedule a free presentation for your group, unit or organization.

Businesses: Are you ready for a disaster?

Do you have your work plan set up?

Have you done your risk management analysis? Contact the Red Cross to set up a presentation/workshop for your business' senior leadership.

Family Readiness Group (FRG) is an organization of family members, volunteer civilians, host nation employees and military members belonging to the 80th Area Support Group (ASG), that together provide an avenue of mutual support and assistance, and a network of communications among the family members, the chain of command, and community resources.

The community plays a vital role in the success of the 80th ASG, HHC, FRG by acting as volunteers and in creating needed resources such as services, materials, supplies and of course money, that can be used to help support military members and their families in times of stress and/or need.

And best of all the 80th ASG, HHC, FRG has fun! Anyone interested in joining in, FRG meetings are held every second Friday of the month at the Prime Time Lounge on Daumerie Caserne from 7-8:30 p.m. The sodas are on the FRG and there is even babysitting available in building 18 compliments of Headquarters Company (HHC).

For more information or to sign up for babysitting, please call DSN 361-5288.

Did I hear that correctly?
There is way that I can help my community and have fun too?
What did they say?
FRG....

80th ASG, HHC,
FRG Meetings
2nd Friday of Every Month
Prime Time Lounge
7-8:30 p.m.
Info, call DSN 361-5288

2nd Friday of Every - Month 2nd Friday of Every Month



American Red Cross

SHAPE, Bldg 318,
top floor Serving the Benelux communities
DSN 423-4008 CIV 00 32 65 44 4008
Fax DSN 423-4273 CIV 00 32 65 44 4273
RedCross@Benelux.Army.Mil

Workplace Training Classes

90 minute classes designed for businesses, units, organizations, etc...
Price: \$10/enrollee

Ergonomics – Defines ergonomics; defines musculoskeletal disorders (MSDs); details how to identify and reduce the risks for MSDs at work and at home; details how to perform exercises to help reduce MSD risk.

Back Injury Prevention –Helps to; Understand the anatomy of the back and the causes of back pain; Identify and reduce risk factors for back injury; Learn how to perform simple exercises to help prevent back injury; Identify ways to change personal habits to avoid back injury.

Workplace Violence Awareness – Helps to; recognize the categories of workplace violence; Identify warning signals of potential workplace violence; Reduce your risk of becoming a victim of workplace violence.

Slips, Trips, and Falls – Helps to; Understand how safety awareness can help reduce your risk of slips, trips, or falls; Identify, report, and correct unsafe conditions and behaviors; Learn tips for good balance to help prevent slips, trips, and falls; Develop a prevention plan.

Your Heart Matters – Helps to; Recognize the signals of a heart attack; Identify risk factors for coronary heart disease; Develop a plan to reduce your risk of coronary heart disease.

Managing Stress – Helps to; Recognize the causes and signals of stress; Identify ways to manage stressful situations; Develop personal strategies for managing stress.

Upcoming Health & Safety Courses

CPR/FA Classes - Training in basic first aid and cardiac, choking and respiratory emergencies for adults, children and infants. Prices vary. Tuesday and Wednesday, March 8-9, 5:30-9:30 p.m. March 22-23, 5:30-9:30 p.m. April 12-13, 5:30-9:30 p.m.

Babysitter's Training -Training for teens in the responsibilities of providing basic care and supervision to infants and children. Enrollees must be at least 11 years of age. Price: \$25.00 Saturday, March 12, 9 a.m.-5 p.m. Tuesday-Thursday, April 19-21, 4-6 p.m.

Pet First Aid – presents symptoms and care for common ailments and emergencies; gives instructions for creating a pet first aid kit and gives tips on maintaining your pet's health and well-being. Price: \$20.00 Saturday, March 5, 8:30 a.m.-12:30 p.m. Friday, April 15, 4-8 p.m.

Volunteer Placement Opportunities

Kennel
Post Office
Health Clinic
Library
Red Cross office
Nurses for Blood Pressure Screenings
Fundraising committee
Public Relations Committee
Health & Safety Committee
Awards & Recognition Committee

Leadership positions:
Health & Safety Services Chair
Public Relations/Marketing Chair
Awards & Recognition Chair

NOTE: We assist with Child Care reimbursement up to \$100.00 per month.

For more information, call the Red Cross.

Volunteer Orientation Dates:

Tuesday, March 8, 10 a.m.
Tuesday, March 22, 10 a.m.
Tuesday, April 12, 10 a.m.
Tuesday, April 26, 10 a.m.

Call to sign up for an orientation.

Other Classes

If interested in any of the following classes, please give the Red Cross a call for exact times and dates.

First Aid/CPR/AED Instructor Course

Life Guard Instructor Training

HIV/AIDS Awareness & Instructor Training



Community Consignment Shops

*Are you looking for a good deal?
Then visit one of our community
consignment shops.*

Grandma's Attic

Handcraft and Thrift Consignment Shop

Bldg 2003, Chievres Air Base

Open Thursday-Saturday Noon-4 p.m.

Consignments Accepted every Thursday and 1st and 3rd Saturday from
9 a.m.-Noon CIV 068/27.5219

Grandma's Attic is in constant need of crafters to display and sell their crafts and volunteers to help in the store. Additionally, many of the members of Grandma's Attic are PCS'ing this summer and looking for interested community members to replace them. Meetings are every 2nd Tuesday of the month at 6:30 p.m. at Grandma's Attic. You are welcome to check it out!

International Thrift Shop

Bldg 207, Behind the Entertainment Centre on SHAPE

Open Mondays 1-3 p.m. Closed SHAPE Holidays

Consignments accepted Mondays 9 a.m.-Noon CIV 065/44.55.86

NSA Brussels Consignment Shop

Bldg 1, NSA

Open Tuesdays 10:30 a.m.- 1:30 p.m. CIV 02 717-9724.

If interested in managing the shop, give us a call.

Note: The shop will no longer issue consignment checks less than \$1.

Thrift Shop

Bldg 12, Schinnen

Open Wednesdays, Fridays, and the 3rd Saturday of every month from
11 a.m.-3 p.m., and Thursdays from 1-5 p.m.

Consignments are accepted Wednesdays and Fridays from 11:30 a.m.-2:30 p.m.
and on the 3rd Saturday of the month from 11 a.m.-3 p.m. CIV 046 443-7436

**Newcomers-looking for secondhand items like transformers...
Visit your local consignment shop.**

SHAPE Entertainment Centre



Children's THEATRE CLASSES

Thursdays from 4-5 p.m. ages 5-9
 Fridays from 4-5:30 p.m. for ages 9-12
 Some space still available. €8 for 12 sessions.
 Call DSN 423-3312 today!

Disney's Beauty and the Beast

Music by: Alan Menken
 Lyrics by: Howard Ashman & Tim Rice
 Book by Linda Woolverton
 Presented with permission from Music Theatre International Performances

| | | |
|----------|----------|-----------------------|
| Thursday | March 10 | 7:30 p.m. |
| Friday | March 11 | 7:30 p.m. |
| Saturday | March 12 | 2:00 p.m. & 7:30 p.m. |
| Sunday | March 13 | 3:00 p.m. |

| | | |
|----------|----------|-----------------------|
| Thursday | March 17 | 7:30 p.m. |
| Friday | March 18 | 7:30 p.m. |
| Saturday | March 19 | 2:00 p.m. & 7:30 p.m. |
| Sunday | March 20 | 3:00 p.m. |

DANCE CLASSES

Salsa – Every Monday and Wednesday
 (beginners class on Wednesday)
 SHAPE - IC Club from 7-8:30 p.m.
 Sign up at Entertainment Centre
 . €10 per couple, €5 per class
 single beginners and advanced
 students welcome.

ADULT ACTING CLASS

Tuesdays from 6-7:30 p.m.
 Entertainment Centre
 Ages 15 and above.
 Explore how to audition, characterization and the
 principles of acting technique. €20 for 12 sessions.

PLAYWRITING CLASS

Thursdays from 12:30-1:30 p.m.
 Begin to explore writing for the screen as well
 as the stage. €20 for 12 sessions.

SCHINNEN Alliance Theater

Alliance Players presents Plaza Suite by Neil Simon

... If the walls of Suite 719 at the Plaza Hotel could talk... these are the hilarious stories they'd tell!

April 29, 30, Sunday matinee May 1 at 4 p.m. and May 6, 7 at 8 p.m.

JFC HQ Brunssum (AFNORTH) Alliance Theatre

Tickets are €6 and can be purchased from in the Geilenkirchen Medical Clinic or at the door. Check our website for more information about a possible Sneak Preview Night!! www.allianceplayers.com



CIVILIAN FITNESS PROGRAM - Open to Army Civilians

Department of Army approved program

One time enrollment opportunity for six month period from April 1-Sept. 30

Next Assessment Period is as follows

SHAPE/Chievres Community, March 3 and 10

Schinnen/Tri-border Community, March 17

NSA Community, March 24

To enroll, go to <http://chra.eur.army.mil>, training and development, HRDD courses in Europe, course schedule and click on the white note pad. For details contact the 80th ASG Health Promotion Coordinator at DSN 423-5979 or CIV 065/44.57.79 or e-mail Health@benelux.army.mil

AFAP Forum

As Far As Possible



Tues & Wed

8 & 9 March 2005

**8:30a.m. to 4:30p.m. at the
NATO Support Activity, Brussels**

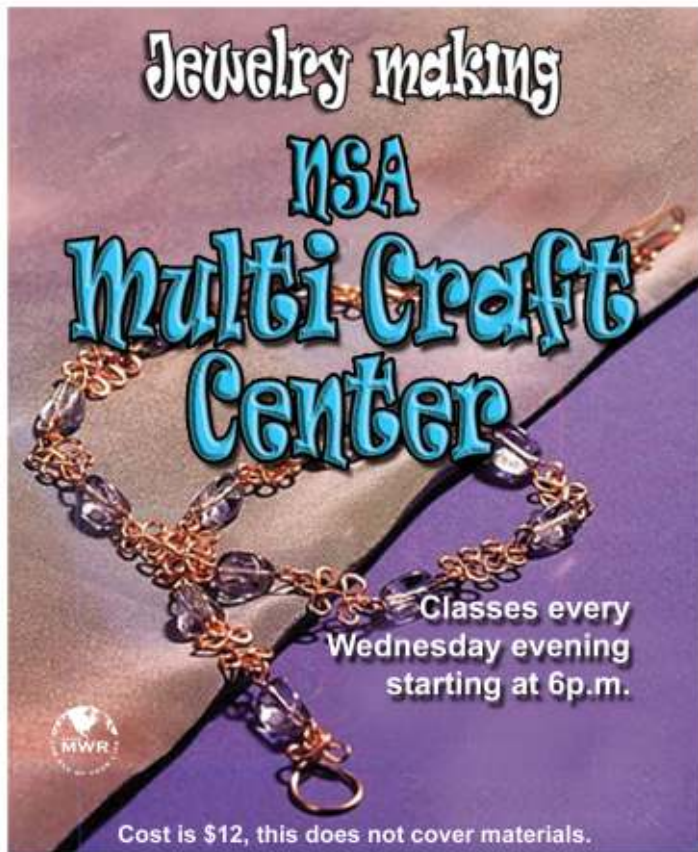
Do you have an issue or a suggestion on how to improve the quality of life in the Brussels Tri-Mission Community?

Look for the **BLUE** boxes and Issue Forms throughout the community, or submit your issues directly to ACS, NSA.

We are also looking for delegates to join our work groups at the forum. You can make a difference!

**Deadline for both issue submission and
delegate registration is Tues, 15 Feb 05**

**For more information call ACS, NSA at:
DSN 368-9783 / COM 02/717-9783**



When you sign up for your first class, you have a pair of pliers FREE!

Multi Craft Center
DSN 368-9629 / CIV 02-717-9629

AFCU MATCHES DONATIONS FOR TSUNAMI RELIEF FUND

Andrews Federal Credit Union will

match all donations to the Tsunami

Relief Fund during 2005. Stop in

any AFCU branch to help

those in need. For branch locations

visit www.andrewsfcu.org



**Celebrate the 60th anniversary of VE Day (Victory in Europe)
The 5th Annual Aviators Walk**

Pre-registration for non ID cardholders is mandatory Tel (068) 275419

Spring Bazaar

Sponsored by the SAHS Scholarship Committee

Come enjoy a multi-cultural exposure to merchandise from over 40 International vendors.

SHAPE International School Complex
SHAPE International School Cafeteria - Food Service

Saturday, 12 March, 0900-1800
Sunday, 13 March, 1000-1600

English Antiques, Polish Pottery, Belgian Benches, Italian, French and German Wines, Turkish Carpets, Kilims, Loden Coats, Czech Garnets, Tombola Tickets, and Much, More!!!

For details and information call
DSN 423-5718/5715